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# ONE HUNDRED USEFUL DRUGS

BY

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## PREFACE.

The number of drugs that are used in India at present is numerous. Their properties were studied centuries ago and were recorded in ancient medical works with great precision. Charakacharya says that the best medicine is one which cures a disease and the best physician is one who relieves a patient of his suffering. "Thadhevayuktam bhaishajyam yatharogyaya kalpathe sachaiya bhishajam sreshtah rogebhyo eh pramochayet."

In addition to the drugs described by him, a number of other drugs were discovered by later physicians and were added to the Pharmacopœia century after century. And still, you find that in the village parts people are known to use secret remedies which possess a great reputation for their marvellous effects in particular diseases and which are traditionally handed down in some families as sacred trusts.

I have, in this booklet, compiled, mostly from practical experience, a description of the one hundred drugs which I consider useful. These drugs are very easily available in any village in this country. I may be permitted to quote another aphorism of Charakacharya, the great Indian physician who says that the best medicine for people living in any particular country is the one that grows in that country. 'Yasmin dese hi yojathaha tajjam thasyoushadham hitam'. In virtue of this principle, all physicians in India would do very well to choose

their drugs as far as possible from the locality in which the patient lives. It is certainly cheaper and, according to Charaka, the most effective in a fresh condition.

I have tried to enumerate only such properties, the accuracy of which I have tested, and in cases where any special property of a drug was mentioned about which I had no personal experience. I took care to mention the authority upon which I based my observations.

The object of issuing this booklet is primarily to help the Indian physicians to prepare their own medicines from bazaar drugs and from drugs that could be easily secured for the mere cost of collection in any locality, so that the working of the free dispensaries may be made immensely cheaper.

I shall be glad to welcome any observation on the use of these drugs and to improve upon the booklet by further additions. The first edition of the book was sold very quickly showing the demand for the second edition. We have included Charaka's classification of drugs in an appendix, so that any drug in the same group may be used when any particular drug is not available.

I am very thankful to my student, Mr. M. Natesa Iyer, for giving me all references and for seeing the book through the press, but for whose assistance, this work would not have been accomplished so easily or attempted at all.

*The author.*

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# ONE HUNDRED USEFUL DRUGS.

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## 1. **Ajamoda.**

<i>Names :—</i> Latin	Carum copticum
Tamil	Omam
Telugu	Omam
Canarese	Oma
Malayal	Ayamodakam
Urdu	Ajwain

*Doses :—*5 to 60 grains. 30 to 60 grains for adults in single dose ground together with half its weight of common salt and taken with water. For repeated administration 10 to 15 grains 3 times a day before food.

*Action :—*Digestive, antispasmodic, intestinal antiseptic, carminative, and anthelmintic.

*Uses :—*It is a favourite remedy for accumulation of wind in the bowels due to fermentation.



It is very useful in dyspepsia and colic of certain types and is used in combination with common salt or soda bi carb. The arka distilled with omam 1 part and 1/16 part by weight of camphor and 100 parts by weight of water is a very good drink in Cholera and other intestinal disorders. According to the strength of the distillate it may be given diluted with 1 to 4 times of quantity of water. For Hook-worm and other intestinal worms, small doses either of the crude omam or of the arka may be given continuously for some weeks. For children a small quantity of omam is fried in ghee, mixed with a little common salt and given along with rice. For infants below 1 year, a pinch of omam is ground with water or mother's milk 16 times and given early in the morning or when the abdomen is distended. As an antispasmodic it is given in flatulency, colicky pains, hysteria, stoppage of urine and tympanites. In bronchitis with profuse expectoration, it lessens the sputum. A poultice of crushed fruits is applied to painful rheumatic joints and fomentation of hot seeds to the chest in bronchitis and asthma and to the cold hands and feet in cholera and fainting.

## 2. Akarakarabha.

Names—Latin	Pyrethrum radix
Tamil	Akarakaram
Telugu	Akkalakara
Canarese	Akalakara
Malayal	Akikaruva
Urdu	Akharkora

*Dose* :—5 to 20 grains.

*Action* :—Sialogogue (increase the flow of saliva)  
astringent and tonic.

*Uses* :—This is a sweet stuff; increases the flow of saliva and is used in fevers, specially in summer. It forms a vehicle of many compound powders and may be given in doses of 5 grains as a tonic. An infusion of the root in 16 parts of water may be used as a mouth wash in sore throat with a little honey and in fevers. It enters into the composition of aphrodisiac pills and lehyams.

## 3. Amalaki.

Names :—Latin	Emblic myrobalan
Tamil	Nellikai
Telugu	Usirikaya
Canarese	Nellikayi
Malayal	Nellikai
Urdu	Amila

**Dose** :—10 grains with honey for repeated administration.  $\frac{1}{4}$  to 1 tola made into a decoction with 8 times the quantity of water reduced to one fourth, filtered and taken with honey according to the taste for single administration.

**Action** :—Cooling, digestive, astringent and tonic.

**Uses** :—In Pitta diseases it is a favourite vehicle for administration of other medicines. In combination of **Thriphala** it is used as **thridoshaharam**. In **Lehyams** such as **Chyavanaprasa** it is a tonic. **Basavaraj**, a famous physician of **Andhra Country** prescribes **Amalaka swarasa** alone in the treatment of **Diabetes**. In the diet of patients when other acids are contra-indicated **Amalaki** and **pomegranate** are recommended. It is also used in **jaundice**.

#### 4. **Aphenam.** (**Ahiphenam**).

<b>Names</b> :—Latin	Opium
Tamil	Apin
Telugu	Nallamandu
Canarese	Aphinu
Malayal	Aphin, caruppu
Urdu	Afim

**Dose** :—Internally  $\frac{1}{2}$  to 2 grains as pill or in compound pill or powder or as an **asavam**.

- Externally as a liniment or plaster.

**Action:—**Sedative, hypnotic, antispasmodic, diaphoretic, anodyne, narcotic and cerebral depressant.

“Aphenam sannipataghnām vrishyam balyam-cha mohadam” Raja nighantu, “Aphukam shoshanam grahi sleshmaghnām vatapittalam, Madakrut dahakruchukra sthambanayasa mohakrith, Athisara grahanyancha hitam deepana pachanam.”

**Uses:—**It is one of the most valuable drugs if properly used and the most dangerous if misused. It is the best drug to relieve pain but should never be given when the cause of pain is not known and when the pain could be relieved by fomentation, counter-irritation, expurgation, and other natural processes. Also it should never be given when patient is sleeping.

If there is indigestion it is better to allow proper digestion to take place rather than to check active natural processes. Therefore in the early stages of indigestion or diarrhoea it is contra-indicated. But in late stages when motion is yellow and the mala shows no signs of indigestion opium is a very valuable drug to give rest to intestines and to effect a cure in cer-

tain stages of diarrhoea, dysentery and cholera. Improper use or large doses help to poison the system not only by its own poisonous effect but also to retained, undigested faecal matter in the intestines and to suppression or retention of urine. Another great danger in its use is that it lessens all tissue activity and that all the secretions except sweat are reduced. Though when stools and urine are stopped the patient may be apparently feeling better but he may be actually growing worse owing to the accumulation of poisons in the system. It is therefore most dangerous to give opium when the kidneys or urinary system or the liver are affected.

In pain due to nervous diseases its action is marvellous and sometimes permanent. I know of diseases in which all other drugs failed for months or years together and a small dose of opium effected a radical cure; for example one case of pain in the gastric region with irritation which lasted for years and another with gnawing pain in the left shoulder-joint due to chronic rheumatism or gouty tendency which did not yield to any other treatment responded to a very small dose of opium and

were permanently cured even when opium was withdrawn. In distressing cough or spasm in lung diseases its use may be advantageous.

In children opium is given in the Northern circars for almost all diseases. The success mostly depends upon the experience of the mother and on the hereditary habit. But it should be gratefully discouraged.

As an aphrodisiac it is successfully used by some but it is difficult to estimate its value. In diabetes I have found its use invariably harmful in the long run and the cases in which opium is found useful are more easily amenable to cure by having recourse to a natural diet rich in vegetables and mental rest. In cases of pain due to incurable diseases such as cancer, last stages of consumption etc., it is most valuable as alleviating the sufferings temporarily but should be used cautiously.

As an external application it is most useful in relieving pain and in reducing inflammation in certain cases and is used as a liniment with oil and camphor or as a plaster with Gandhapheroja. 10 to 30 grains to an ounce either of liniment or of plaster.

## 5. Arjuna Thwak.

Names:—Latin	Terminalia arjuna
Tamil	Marudam pattai
Telugu	Maddipatta
Canarese	Maddi chekka
Malayal	Nermadalam
Urdu	Arjun

*Dose*:—5 to 30 grains as a powder.

*Action*:—Cardiac tonic.

*Uses*:—It is a reputed heart tonic of the Ayurvedic Pharmacopœia. I have observed large doses to depress the heart. Small doses taken over a long period with sugar and ghee steadily improved the condition of the heart giving it strength. It is used either as a powder alone or as a compound as in Kakubadi choornam or in Arjuna-rishta.

## 6. Arka.

Names:—Latin	Calotropis gigantea
Tamil	Erukku
Telugu	Gilledu
Canarese	Ekka
Malayal	Erukku
Urdu	Mudar

*Dose:—*

*Internally—*

Of the dry root-bark 3 to 10 grains as a tonic and 30 to 60 grains as an emetic.

Milk of the plant dried and made into powder—3 to 10 grains.

Decoction 1 in 8, reduced to half— $\frac{1}{4}$  to 1 oz.

*Compound pills—*

1. Ingilikam heated gently stirring with the milky juice continuously replenished for some hours and the stick so obtained is used along with other anupanams.
2. Calomel grain 1, Rasanjanam (Antimony sulphide powder) grains 2, root-bark powder grains 5, make one pill with honey. 1 pill 2 or 3 times a day for elephantiasis and syphilis.
3. Fresh flowers made into pill with equal parts of pepper and a little honey 5 grains and kept in stoppered bottle.

*For Snake-bites—*

Milky juice made into a pill of small marble size and given wrapped in betel leaf. Repeated every half hour till vomiting is caused or after 2 doses reduce the dose upto 9 doses.



Juice mixed with water in the same doses as above if the patient cannot swallow.

Leaves two or three—chew and swallow after snake-bite.

Apply root rubbed in water over the bite ; Same as kalikam into the eyes.

1 Tola of the swarasam of the root-bark for snake poison.

*Ghee*:—Dry flowers 10 to 12. Ghee 5 tolas. Boil the ghee and strain. Dose  $\frac{1}{2}$  to 1 tola of the ghee.

*Oil*:—Prepared by boiling the milk of the plant, goat's milk, tamarind leaf juice and Nirgundi swarasam. (Refer Arkadi Thaila).

*Flowers*:—Dry flowers mixed with equal parts of pepper and salt and made into powder. Dose 3 to 10 grains twice a day gradually increased or as a confection.

*Ash*:—Of the ash (kshara) 1 to 5 grains with plenty of water.

Externally—

Leaf: Smear the leaf with castor-oil, warm it and apply comfortably hot to inflammatory swellings or inflamed anus or piles.

Take a handful of the leaves. Cut it in the middle. Tie them into a bundle so as to expose the cut-surfaces as a brush.

Dip the cut-surfaces in hot oil. Remove excess of oil and foment with the cut-surfaces over painful joints or painful glands comfortably warm.

Warm the ripe leaf and squeeze the juice into the painful or suppurating ear.

Milky juice: Mix fresh milk with salt and apply to small cuts or sprains or painful tooth or painful joints or nervous pain or boils.

Milky juice or crushed leaf applied over the scorpion bite.

The application of the milky juice is depilatory (Romanasaka). Also useful in ring-worm of the scalp.

Root:—Grind the root with water obtained by washing rice, make into a paste and apply to the affected parts in elephantiasis.

Action:—Purgative and emetic in large doses, antispasmodic, expectorant, diaphoretic, antimalarial, antidysentric, antisymphilitic, antiparasitic for tapeworm, emmenagogue, bloodpurifier and tonic in small doses.

Uses:—*Calotropis gigantea* or Arka is of two kinds, purple and white flowered. The white flowered variety is believed to be more efficacious. It is a powerful drug

used in a variety of ways by some physicians who have great clinical experience. Some use it as a secret remedy. The success depends upon the proper administration of the dose and diet. In the hands of the experienced physicians it is absolutely safe, and of the inexperienced, most dangerous. So also are the modern injections containing virulent poisons such as arsenic.

It is used with success to relieve the fits of asthma and the pains of rheumatism. The milky-juice is applied over the painful joints and covered with turmeric by the poor. In diseases of the spine and the nervous system the fresh milk is applied over the spinal cord and dusted with turmeric. The confection of the flowers is more used in chronic asthma and bronchitis. The powdered root-bark with pepper is also used for the same purpose. It is also known to be antidysentric. The compound powder is given in heart disease, dyspepsia, cholera, syphilis, leprosy, gonorrhœa, asthma, dropsy, ascites, rheumatism, malarial fever and skin diseases. An external application of turmeric mixed with the milky-juice is recommended by

Vangasena for dark patches of discoloration in the face. The root-bark powdered, soaked in the milky-juice, dried and made into cigars is smoked as an inhalation in cough and asthma. In cases of severe post-nasal catarrh and obstruction in the throat with difficult breathing the pollen grains of the flower are tactfully dusted in the nostrils by suitably placing the flower in front of the nostril and dealing a sharp finger blow so as to eject out the pollen grains into the nostrils. This has an immediate irritating action which relieves the congestion and swelling of the throat and nose (an expert treatment). The ashes of the leaves obtained by roasting in a closed vessel mixed with rock-salt is given in enlargement of the liver and spleen, in intestinal worms, ascites, anasarca and in dysentery (Dose 3 to 10 grains).

Antidote for poisoning by Arka:—

Internally—

1. Fresh juice of the indigo leaf.
2. Sugar mixed in water.
3. Tamarind leaf juice mixed with water.
4. Castor oil 1 dose.

## 7. Asoka Thwak.

Names :—Latin	Saraca indica
Tamil	Asoka pattai
Telugu	Asoka patta
Canarese	Asoka chekka
Malayal	Asoka pattai
Urdu	Asok

**Dose :—**Rarely given as a powder. Decoction is made, filtered and again reduced to a soft mass or a solid extract (Rasakriya). Dose of Rasakriya 5 grains.

Decoction boiled with water 1 in 16, reduced to one-fourth if dry, or 1 in 8 reduced to one fourth if fresh. Dose  $\frac{1}{2}$  to 2 ounces with a little sugar or honey.

**Action :—**Astringent and tonic used specially in uterine haemorrhage or disorder.

**Uses :—**Its use is specially favoured in menstrual disorders particularly in irregular haemorrhage as an astringent tonic. It is also given in combination with Iron salts as a pill or in liquid form as in Asokarishta. The red flowered one is the real Asoka. But in Southern India the foliage tree found in the sides of roads called Naramamidi (*Polayalthia longifolia*) is used and is reputed to give the desired results.

## 8. Aswagandha.

Names:—Latin	Withania somnifera
Tamil	Amukkura Kilangu
Telugu	Penneru-Gadda
Canarese	Hirre-Gedde
Malayal	Amukkuram
Urdu	Asgand

**Dose :—**20 to 60 grains as powder mixed with sugar and ghee or milk according to digestive power.

As a decoction the same dose of powder boiled with 8 times the quantity of milk and equal quantity of water to a little concentration, filtered and taken with a little sugar or honey once or twice a day.

**Action :—**Nutritive and nervine tonic.

**Uses :—**It is one of the most reputed drugs in Ayurvedic Pharmacopœa for its tissue-building properties. In weakness of the body after fevers or insomnia due to nervous break-down it is given with very good results either as directed above or as a lehyam or confection. It is believed to be an antidote for vegetable poisons such as aconite and for poisons accumulated in the system due to syphilis or chronic ailments. “Peruleni vyadhiki pennerugadda” (for a nameless disease give Aswagandha).

## 9. Bala.

Names:—Latin	Fida cordifolia
Tamil	Chittamuttie
Telugu	Lunjapatnal chettu, Chitta-
Canarese	Kadira беру [muttie
Malayal	Kurunthottie
Urdu	Bariaar

**Dose:**—Generally used as a decoction. 1 Tola of the drug boiled with 8 times the quantity of water down to one fourth and given along with a pinch or two of pippali or Thrikatu choornam or with milk and sugar as a pleasant soothing beverage or as a compound in Quatha choornam.

**Action:**—Vataharam.

**Uses:**—It is believed to remove the poisons of auto-intoxication such as those caused in rheumatism or fevers. The decoction is given as an anupanam for other medicines such as pills and is expected to relieve pains in the body and also wind in the bowels. It is believed to have a soothing tonic effect on the nervous system and is used as an oily extract boiled hundred times with milk known popularly as Ksheera-bala thailam.

## 10. Bhallathaka.

Names:—Latin	Semecarpus anacardium
Tamil	Shengottai
Telugu	Nalla jeedi vittu
Canarese	Gerika beeja
Malayal	Cherkuru
Urdu	Bhilava

**Dose** :— 1 to 4 seeds boiled with 8 oz. of milk, strained and taken with a little sugar.

Or as a decoction with 8 times the quantity of water, reduced to  $\frac{1}{8}$  and the filtrate taken with milk after smearing the mouth and throat with ghee (Charaka).

**Diet**—Rice with ghee and milk. Sugar may be used. Salt and tamarind are to be excluded.

**Action** :—Stimulant, carminative, antirheumatic, antisyphilitic, anodyne, anthelmintic, aphrodisiac and tonic.

Locally caustic and vesicant.

**Uses** :—Bhallathaka is one of the drugs which in the hands of certain physicians produces extraordinarily beneficial results. The processes of treatment by the drug are heroic and the results are in some cases miraculous.

Bhallathaka is one of Charaka's most favourite Rasayanas(tonics). "Kapajo na sa rogosthi,



na vibandhosthi kaschana, yam na bhalla-  
thakam hanyath, seeghra magnibala-  
pradam" (charaka).

In rheumatism, in almost all cases it acts as a specific in relieving the pains and inflammation. As an antisyphilitic in all the three stages, it is used as a popular remedy today in rural areas. The diet restriction seems to be necessary or at least helps to expedite the cure. In cancer or inoperable tumours it relieves pain and in some cases resolves the tumour. It is used ordinarily in piles, indigestion, worms, asthma, enlargement of spleen, leucoderma, rheumatism etc. The seed is heated in the flame of a lamp and the oil is dropped in a cup of milk and given in cough due to relaxed throat and uvula.

Externally it is used as an application for alopecia ground with honey into a paste. Boiled with oil and scented stuffs it is used as a hair oil and is reputed to promote the growth of hair. The dark acrid oil exuding from the seeds is used as a blistering agent by the poorer classes. The blistering and poisonous properties are counteracted by smearing the oil locally.

Workers with the drug in the pharmacy smear oil to their hands and they are free from the poisonous effects. Otherwise itching sensation, blisters and swelling of the whole body, specially of the face, may result by mere proximity and not even by touch of the drug. Whereas combined with ghee, oil or milk internally and with oil, externally, the drug is safe.

Antidotes for poisoning by Bhallathaka :—

1. Internally, swarasa or the juice of the bark of *Butea frondosa* (Palasa)
2. Swarasam of the roots of *Duralaba*
3. „ or decoction of *Tanikaya*
4. „ of *Chirrikura* with *kalkanda*.
5. *Kalkanda* and milk.

## 11. **Bharngi.**

<i>Names :—</i> Latin	<i>Clerodendron siphonanthus</i>
Tamil	Gantu.Bharangi
Telugu	Gantu Bharangi
Canarese	Gantu Bharangi
Malayal	Sirutekku
Urdu	Bharangi, Brahmaneti

*Dose :—*It is used as swarasam ground with water 8 parts, filtered and taken with honey or

may be taken with equal parts of ginger and prepared in the same manner or the powder may be taken with ghee and honey. Dose 10 grains to  $\frac{1}{2}$  tola.

**Action** :—Stimulant, antispasmodic and tonic.

**Uses** :—It is given in a variety of diseases in combination with digestives, expectorants and drugs intended to allay Vata symptoms. Sushruta recommends its use as a paste in scrofulous diseases for external application and as an arishta or wine in Apasmaram or epilepsy. Its greatest reputation is for relieving suffering due to hard breathing (Bharngi thu swasoushadham-Yogaratra-kara).

## 12. Brahmi.

<i>Names</i> :—Latin	Hydrocotyle asiatica
Tamil	Vallarai
Telugu	Saraswataku
Canarese	Timare
Malayal	Brahmi
Urdu	Bereli, Brahmamanduki

**Dose** :—The green leaf,  $\frac{1}{4}$  to 1 tola, with tamarind or lemon juice, salt and other condiments as a chutney.

A teaspoonful to  $\frac{1}{2}$  ounce of swarasam with honey or  $\frac{1}{2}$  to 2 ounces of the infusion of

the dried leaf made in proportion of 1 to 8 parts of hot water.

A teaspoonful of the dried leaf made into an infusion like tea with a cup of boiling water and taken with milk and sugar.

Ghritam or syrup prepared in the usual manner—dose  $\frac{1}{4}$  tola.

*Action* :—Mild diuretic and Brain tonic.

*Uses* :—It is a reputed tonic for tiredness after brain work and is specially used for loss of memory. It has also a reputation for developing the power of speech in those who have defective speech and to improve the power of poetic imagination (Appakaviyam). It is also used in epilepsy and mental disorders.

### 13. Bringaraja.

<i>Names</i> :—Latin	Eclipta erecta
Tamil	Karisilanganni
Telugu	Guntakalagara
Canarese	Garga
Malayal	Kayyunni
Urdu	Bringrah, Bringaraj

*Dose* :—Five to ten terminal leaves of Bringaraja plant mixed with 5 to 7 seeds of pepper, ground together nicely with buttermilk into a pill and given every morning or into a pill made with jaggery and given every morning.

Or a teaspoonful to half ounce of swarasa of the leaves mixed with 2 to 4 ounces of milk and a little sugar or with 4 ounce of buttermilk and a little salt to be given every morning.

Or  $\frac{1}{4}$  to 1 tola of the leaf to be given along with fresh ginger, pepper and other condiments as a chutney.

*Action*.—Cholagogue (removing bile), anti-malarial, febrifuge and tonic.

*Uses*.—It is one of the most favourite green drugs that are used in Southern India for jaundice. In certain varieties of jaundice it has a remarkable effect. In low fevers attended with anaemia or Pandu the pill with pepper has produced very good results. In those cases where digestion is very poor the preparation with buttermilk is to be preferred. As a hair-dye and as cooling to the brain after bath, the oil is used throughout the country and it enjoys a great reputation.

#### 14. Chandanam.

<i>Names</i> :—Latin	Santalum album
Tamil	Chandanam
Telugu	Chandanam
Canarese	Srigandha
Malayal	Chandanam
Urdu	Sandal

*Dose*.—10 to 30 grains with sugar and ghee or with ghee, sugar and honey.

*Action*.—Cooling, antiseptic.

*Uses*.—Chandanam is very much used in India for its cooling effect and its sedative effect on the urinary tract. It also enters into the composition of many compound powders and oils. Made it into a paste with water and combined with one hundredth part of Pacchakarpuram it makes a very nice cooling paste for reducing high fevers, especially of the Pitta type. Mixed with curd or buttermilk or cream it makes a nice antiseptic and antiphlogistic paste for boils and carbuncles.

It is specially used in gonorrhœa and leucorrhœa and is very popular. It is a constituent of bathing powders and scent sticks. The oil made from it by distillation with water is a specific for chronic ulcers, gonorrhœa and gleet. But it acts better in dilution than in concentration. In prickly heat 1 part of sandal-wood oil with 8 parts of cocoanut oil or the paste with Pachakarpuram and rose water applied at midday or evening is very refreshing and effective. The oil is used in gonorrhœa in 5 minim doses either

with milk and sugar or as an emulsion or diluted with ghee.

A compound powder of Chandana, Useera Daruharidra and sugar given with Thandulodaka (water obtained by washing rice) is recommended for prompt action in hæmorrhage. In hiccough—chandanam with milk. In Raktatisara or diarrhœa with blood—Chandanam with sugar, honey and water obtained by washing rice—Charaka.

## 15. Chitramulam.

Names	Latin	Plumbago Zeylanica
	Tamil	Chitramulam
	Telugu	Chitramulam
	Canarese	Chitramula
	Malayal	Kodiveli kilangu
	Urdu	Chitrak

**Dose:**—Internally it is not generally used alone but only as a compound powder or pill in the form of Chitrakadi Vati (Charaka). The leaf is recommended as a vegetable preparation along with that of Punarnava in the treatment of dropsy.

Externally, the root is a vesicant and counter-irritant, the red-flowered variety more effective than the other.

**Action:**—In small doses, a digestive and carminative. In large doses irritant.

**Uses:**—In the Allopathic Pharmacopoeia this drug is known only as a poison whereas in the Ayurvedic it is used with great benefit in a number of chronic ailments. In some dyspeptics it acts as a specific when every other drug fails. It is one of the Panchakolas, a popular appetiser or gastric stimulant. It is used in making certain pills such as Sannipata bhairava where its action is believed to be specific against poison (of microbes) causing fever. It is believed to have a specific action in piles and is given in special preparation with buttermilk and in various other ways. Butter prepared from curd made out of milk boiled with this root, is used in the treatment of chronic ulcers and sinuses as an external application or as an injection into the sinus. It is an abortifacient both by external and internal use. But its use is probably attended with danger.

## 16. Dadima.

<i>Names:</i> —Latin	Punica granatum
Tamil	Mathulai
Telugu	Danimma
Canarese	Dalimbe
Malayal	Thalimathalam
Urdu	Anar



*Dose:—*

10 to 30 grains of the powder of the dried rind of the fruit or of the dried tender fruit.

Of the fruit juice (sweet or sour) diluted with equal parts of water, 8 or 10 oz. for a dose.

Of the flowers mixed with aromatics and astringents such as cinnamon etc. in dose of 10 grains.

Of the juice of the flower as a nasyam.

*For tape-worm.*

Of the root-bark  $\frac{1}{2}$  to 5 tolas as a decoction or swarasam with 4 times the quantity of water, strained and taken with sugar, honey or castor oil. 2 ozs. of the same to be taken every half-hour and then followed by castor oil, if necessary. Repeat the medicine every day till the head of the worm comes out.

*Action:—*Astringent, anthelmintic specially for tape-worm, nutritive and cooling.

*Uses:—*The Dadima flower, the rind of the fruit, the tender fruit and the tender leaves are very much used both fresh and dry. The tender fruit or the tender leaves is made into a Putapakam along with opium and is given in proper doses for diarrhoea and dysentery. The decoction or swarasam is

also given with honey in the same dose. On account of its astringent property this drug is used internally in a variety of diseases namely, epistaxis, piles, haemorrhage from the mouth, bad taste and indigestion. The fruit juice is a cooling drink and the seeds or the juice of the sour fruit diluted with water according to the taste of the patient is very much appreciated and it relieves thirst and reduces fever. It is also nutritive. Even when all acids are contra-indicated the acid of Dadima fruit and that of Amalaki are allowed. It is the least heating of acids according to Ayurveda.

## 17. Dantibeeja.

Names:—Latin	Croton tiglium
Tamil	Nervalam
Telugu	Nepalam
Canarese	Jayapala
Malayal	Nervalam
Urdu	Jamalgota

*Dose* :— $\frac{1}{2}$  to 2 grains of the purified seed or one seed just charged in a flame.

*Action* :—Drastic purgative.

*Uses* :—It is a good purgative. But it causes griping and irritation if given alone and if it is not properly purified.

The methods of purification generally used are either soaking the seeds in cowdung, boiling them with milk or frying them in ghee or castor oil. The powdered seed is generally taken mixed with Harithaki, Sunti or Omam and other carminatives. Its special advantage is small dose and absence of bad taste. It is very much recommended when brisk purgation and immediate low blood-pressure are demanded, specially in diseases such as apoplexy, heart disease etc. In the way in which it is given after purification by Ayurvedic physicians, it does not seem to be so dangerous as the croton oil of the British Pharmacopœia. It is very much recommended in ascites; but I have not tried it enough. It is contra-indicated in pregnancy and irritable conditions of the stomach and kidneys.

### 3. Daruharidra.

<i>Names :—</i> Latin	Berberis aristata
Tamil	Maramanjai
Telugu	Manupasupu
Canarese	Maradarisina
Malayal	Maramanjai
Urdu	Jarkihaldi

**Dose:**—10 to 60 grains as a powder with honey or sugar in small doses or as decoction or like tea with milk and sugar in large doses.

**Action :**—Internally—antimalarial, febrifuge and blood-purifier.

Externally—Antiseptic and antiphlogistic.

**Uses:**—It enters into the combination of fever powders and mixtures. It is a mild diuretic and purifier of urine. It stimulates the liver and is particularly useful in fevers caused by torpid liver. It is a favourite of some physicians who use it frequently in Malaria and other fevers. It is used very much as an antiseptic wash, ointment or plaster. For relieving pain in the eye by contracting the pupil the solid extract is mixed with opium and applied round the eye.

The powder of the liquid extract (Rasout) forms an ingredient of many antiseptic ointments. It is recommended in erysipelas (Visarpa). It has got almost the same properties as of Haridra or turmeric and is more used internally than the latter.

## 19. Devadaru.

<i>Names :—</i> Latin	Pinus deodara
Tamil	Devadaru
Telugu	Devadaru
Canarese	Devadaru
Malayal	Devadaram
Urdu	Devadar

*Dose:—*As a decoction 2 tolas to be boiled with 16 parts of water, boiled down to 4 or 8 tolas and taken with sugar or as tea with milk and sugar.

*Action:—*Carminative, blood-purifier, probably increases Phagacytosis, mild diuretic and diaphoretic.

*Uses:—*This is one of the most useful drugs which though not very much used separately, is used in combination with other antipyretics. It has a fine fragrance and is specially recommended in glandular diseases and in consumption. The oil or tarry oil obtained by destructive distillation of Devadar is used as an external application for wounds and may also be used internally in leprosy, syphilis and other allied disorders. It is a diaphoretic and diuretic and deserves to be used more than at present, but genuine stuff is not easily available.

## 20. Dhanyakam.

Names:—Latin	Coriandrum Sativum
Tamil	Kottamalli virai, Dhaniya
Telugu	Dhaniyalu
Canarese	Kottambari
Malayal	Kottamalli
Urdu	Dhania.

**Dose:**— $\frac{1}{2}$  to 1 tola as a decoction with 8 times the quantity of water reduced to one-fourth.

20 to 60 grains with sugar or in combination with other aromatics as a powder or as a condiment according to taste

Liquid extract ground with water obtained by washing rice (Thandulodaka) and a little sugar is given in tea-spoonful doses for children as gripe water

The green leaf as a chutney with tamarind, lemon or curd and chillies or pepper and salt or as a rasam.

**Action:**—Aromatic stimulant, digestive, mild expectorant, diuretic, febrifuge and tonic.

**Uses:**—It is used to disguise the taste and smell of many drugs such as Senna and also to axilarate their use. It is a milder stimulant than ginger or pepper, is less irritant and

more pleasant especially for indigestion and colic of children ; and for catarrh, cold and cough of infants it makes an excellent decoction. A tumbler of hot decoction, given at the height of fever, relieves thirst, produces perspiration and reduces fever. It improves the appetite and helps in a natural cure in acute short fevers of climatic origin.

## 21. Dhatura.

Names:—Latin	Datura fastuosa
Tamil	Oomattai
Telugu	Oomettha
Canarese	Ummatta
Malayal	Ummam
Urdu	Datura

**Dose:**—Of the swarasam 10 drops to a teaspoonful.

Of the oil prepared with four times the quantity of swarasam—3 to 10 drops with milk.

Of the seeds  $\frac{1}{2}$  to 2 grains.

**Action:**—Anodyne, specific in poisons due to rabid dogs or poisonous insects and in insanity and as a sedative in fevers.

Externally it relieves pain, inflammation and kills parasites. Mydriatic (dialates pupil) and relieves pain in the eyes.

It is described to be a curative of fever by its Prabhava ("pittakrit" Rajavallabha, "Prabhavena jwaram jayet," Dhanvantari Nighantu).

**Uses :—**It enters into the composition of pills such as Jwarankusa rasa, Panchavaktra rasa etc., used in complicated fevers. This drug is rarely used alone internally. But it may be used in certain types of asthma and elephantiasis in repeated small doses, watching the results. In elephantiasis Vangasena says that Dhatura seeds, taken daily in gradually increasing doses like Vardhamana pippali with cold water cures cases of serious types. In bites of rabid dogs, the swarasam of the leaf is given in large doses until giddiness is produced and then the patient is bathed in plenty of cold water and is given curd and rice. This is adopted as a secret remedy by some specialists as a preventive against hydrophobia and is well worth a trial.

Externally the oil is of great use in relieving pain due to rheumatism and as eye-drops



to relieve the pain in iritis. The seeds ground into a paste with fresh Punarnava root and opium and applied comfortably hot to rheumatic joints is very effective in reducing pains and swellings. The leaf is used as an antiphlogistic poultice smeared with castor oil in inflamed piles and abscesses.

## 22. Draksha.

Names :—Latin	Vitis vinifera
Tamil	Draksha
Telugu	Draksha
Canarese	Draksha
Malayal	Mundiringa
Urdu	Munakha

**Dose:**—1 to 3 tolas to be soaked in the boiling water for fifteen minutes, crushed, filtered and taken as an anupanam for other medicines or with milk, sugar or honey as a drink.

**Action:**—Refrigerant, demulcent, cooling, mild laxative, mild diuretic and tonic.

**Uses:**—This is one of the most useful drugs of the Ayurvedic Pharmacopœia. It enters into the composition of various febrifuge and diuretic decoctions. It is generally used to sweeten the medicinal preparations

and given to relieve thirst in fever and inflammatory swellings and constipation. In cases of mild constipation it is successful when continued for a long period. The fruit is used in lehyams as a tonic and as a pleasant vehicle. For its nutritive properties it is valued in consumption and diabetes where its sweetness is not contra-indicated. In Raktapitta and anaemia its use is also indicated. As an article of diet for children with liver disorders it is of great value. It relieves Mutrakrichra due to excessive heat and produces sleep in atonic conditions of the nervous system.

### 23. Ela.

<i>Names :—</i> Latin	Elletaria cardamomum
Tamil	Elakkai
Telugu	Elakayi
Canarese	Eleki
Malayal	Elakkayi
Urdu	Elaichi

*Dose :—*5 to 15 grains as a powder with honey or as a decoction with a little sugar or milk or as a syrup diluted with water.

*Action :—*Carminative, cooling, mild diuretic, aromatic and mild expectorant.

**Uses:**—It is much used in India as a vehicle for other medicines. As a corrective it is given in flatulence. Vagbhata and Sushruta advise Ela to be taken with madhya or wine as a diuretic. It improves the appetite and taste and checks vomiting sensation.

## 24. Eranda Thailam.

<b>Names:</b> —Latin	Oleum ricini
Tamil	Vilakkennai, Amanak- [kennai]
Telugu	Amudam
Canarese	Harelennai
Malayal	Amanakku enna
Urdu	Chiterindi-ka-thel

**Dose:**—1 to 8 fluid drams to be taken with a little milk or equal parts of Ingi swarasam and milk or equal parts of pure honey or with an equal quantity of decoction of Harithaki or Sunti and honey or as an enema mixed with milk.

**Action:**—Purgative. In small doses it is a lubricant to the intestinal canal and relieves inflammation.

**Uses:**—Castor oil is the best of purgatives for children. It may be used every day in teaspoonful doses mixed with mother's or cow's milk. In inflammatory conditions of the

abdomen it is the safest purgative to be given. In combination with gum accacia and syrup or honey spiced with Ela or ginger it is a pleasant and specific cure for dysentery and other ulcerated conditions of the intestinal canal. In the treatment of sprue (apthæous condition of the mouth) it has no equal if buttermilk or buttermilk and rice or sweet fruit-juice is given as a light diet. It is recommended in combination with Rasna and Vatahara oushadhas in hernia and hydrocele. Ayurvedic Physicians consider Eranda thaila (castor oil) as a specific for Amavata as it helps to remove the poison from the body ("Amavata gajendrasya sarira vanacharina, Eka eva nihantyasu eranda gajakesari" Bhavaprakash).

If I am asked to take only one drug with me  
I would prefer to select castor oil as  
the safest and most useful one.

Externally the application of the oil is a very good treatment for cracked skin and fissures and burning sensation in the soles of the feet. Mixed with chunnam it makes an excellent application as a plaster for itch or small boils to expedite opening.

## 25. Gandhakam.

Names:—Latin (English)	Sulphur
Tamil	Gandhakam
Telugu	Gandhakam
Canarese	Gandhaka
Malayal	Gandhaka
Urdu	Gandhak

*Dose* :—5 to 20 grains with ghee or honey.

*Action* :—Externally parasiticide and internally mild laxative and blood-purifier.

*Uses* :—Alone its chief use is as an external application as an ointment mixed with oil or ghee. It is an excellent parasiticide and is very 'useful in itch. It has earned a reputation in certain types of leprosy and it is given in combination with Thriphala and pepper 'as Gandhaka rasayana. In combination with mercury it is very much used in Ayurvedic Pharmacopœia as black-sulphide and red sulphide. It is mentioned as veerya-vriddhikaram and rasayanam.

## 26. Ghritam.

Names :—Latin (English)	Ghee
Tamil	Ney
Telugu	Ney
Canarese	Tuppa
Malayal	Ney
Urdu	Ghee

*Dose*.— $\frac{1}{2}$  to 1 oz. used along with articles of diet.

*Action*.—Demulcent, cooling, tonic and aphrodisiac.

*Uses*.—It is the best of snehas (snehanam uttamam) and is far superior to cod-liver oil in tissue-building without its disagreeable smell. It is medicated with other drugs and is used in a number of diseases according to the property of the drug. Its daily use is said to improve complexion, strength and mental powers. It is believed to be an aphrodisiac.

Externally it is much used as an application for burns and wounds of traumatic origin. Satadoutha ghrita a favourite antiseptic of the Ayurvedic Pharmacopœia is prepared by churning the melted ghee hundred times with the decoction of Panchavalkalas. It forms a very good dressing to heal up wounds. It is specially useful in highly inflammatory conditions of the skin and as a cooling external application to plague buboes. In combination with Sarjarasa it makes a butter called Navanitam, which is popularly used as an external application for burns and ulcers.

## 27. Gokshura.

<i>Names :—</i> Latin	<i>Tribulus terrestris</i>
Tamil	Nerinjil
Telugu	Palleru
Canarese	Nigginamuthu
Malayal	Nerinjil
Urdu	Gokhru

*Dose :—* $\frac{1}{4}$  to 1 tola of the seeds or the whole plant to be taken as a decoction boiled with 8 times the quantity of water and reduced to one-fourth or 20 to 60 grains of the churnam or powder to be taken with ghee or honey or cocoanut water or liquid extract of cocoanut roots and flowers and sugar.

*Action :—*Non-irritant diuretic and urinary antiseptic, alterative, demulcent and aphrodisiac.

*Uses :—*An infusion or decoction is used to relieve painful micturition, to increase the flow of urine and as a vehicle for diuretic medicines in dysuria, gonorrhœa and other urinary disorders and for the relief of nocturnal emissions and incontinence of urine. In impotence or sexual debility it is given with milk and sugar or ghee and sugar according to the strength of digestion. The leaf made into a curry is used in dropsy.

## 28. Guggulu.

Names:—Latin	Balsomodendron mukul
Tamil	Kungiliyam, Mahishakshi Guggulu
Telugu	Guggulu
Canarese	„
Malayal	„
Urdu	Guggul

**Dose:**—5 to 15 grains to be taken with a little ghee or milk.

**Action:**—Alterative, stimulant, tonic, antispasmodic and emmenagogue.

**Uses:**—It is often combined with aromatics and given in rheumatism, scrofulous affections and nervous diseases. The compound pill known as Yogaraja-guggulu is used as an alterative in enlarged glands in the neck, chronic rheumatism, dropsy, gleet etc.

It should be taken for a long period in order to observe its results. It may be given in early tuberculosis, scrofulous glands, late syphilis and in chronic rheumatism when other drugs fail.

It has got a very good action in cases of low fevers. It appears to increase phagocytosis



and the power of resistance of the individual. It is also recommended as an aphrodisiac tonic. In glandular diseases given very early, specially in children, it acts like a specific.

## 29. Guduchi.

<i>Names:—</i> Latin	Tinospora cordifolia
Tamil	Shindilkodi
Telugu	Tippatege
Canarese	Amirtaballi
Malayal	Amirta
Urdu	Gulbel Giloy

*Does:—* $\frac{1}{4}$  to 1 oz. as a swarasam to be taken with honey or  $\frac{1}{2}$  to 2 tolas to be taken boiled with 8 times the quantity of water and reduced to one fourth as a decoction with honey or sugar.

5 to 30 grains of the Satwam with honey or sugar and ghee or Draksha swarasam.

*Action:—*Febrifuge, antiperiodic, alterative aphrodisiac and bitter tonic.

*Uses:—*It is very commonly used in fevers of any origin. Fresh stem is more efficacious than the dry one. It is a good bitter tonic, alterative and given in debility

caused by repeated attacks of fever. As an alterative it is given in secondary syphilis, rheumatism, leprosy and in jaundice. The juice of the stem and that of Pashanabedi is given with honey in gonorrhœa. It is a good blood-purifier and hence it enters into the combination of blood purifying decoctions. The leaves are asked to be taken as a vegetable curry as a liver tonic and is given in piles and low fevers (Chakradutta).

Guduchi satwam, the starchy extract prepared out of Guduchi, a favourite tonic of the Ayurvedic Pharmacopœia, is much used in practice as an aphrodisiac and as an alterative and tonic after an attack of fever. For its nutritive properties it is much used in consumption, diabetes and other wasting diseases.

## 3. **Harithaki.**

Names :—Latin	'Terminalia chebula
Tamil	Kadukkai
Telugu	Karakaya
Canarese	Anilekai
Malayal	Kadukka
Urdu	Halda, Harade.

**Dose:—** $\frac{1}{4}$  to 1 tola of the powder to be ground with water, strained through cloth and taken with honey as a laxative.

5 grains with honey as an application to the sore-throat.

10 to 30 grains as a tonic.

$\frac{1}{4}$  to 1 tola as a decoction boiled with 8 times of water, reduced to one-fourth, filtered and taken with honey as an anupanam to other medicines.

**Action:—**Laxative, digestive, astringent and tonic.

**Uses:—**It is a very valuable laxative where a safe drug is required which without irritating the alimentary canal moves the bowels just once or twice. By its astringent property it has a peculiar curative action in dysentery and diarrhoea. It is a reputed tonic specially more used as such in the combination of *Thriphala* and is specially recommended in digestive disorders, diabetes and eye diseases.

Externally, it is a good antiseptic and slightly caustic. By its astringent action it is a favourite remedy for eye-sores and granular ophthalmia.

### 31. Haridra.

Names :—Latin	Curcuma longa
Tamil	Manjal
Telugu	Pasupu
Canarese	Arasina
Malayal	Manjal
Urdu	Haldi

**Dose :—**5 to 15 grains of the powder to be taken with water and honey or boiled with milk and taken with honey and sugar.

**Action :—**Aromatic, vermicide, antiseptic, blood-purifier and tonic.

**Uses :—**Internally it has been recommended in Prameha, Kushta and Slipada. In Prameha or diabetes it is to be taken with Amalaki swarasa and honey. In Kushta it is said to be taken with cow's urine. It is generally used in compound powders along with Daruharidra or in its place. In ulcers due to small-pox and skin diseases it is applied as a paste with oil or with oil and neem leaf. Mixed with chunnam and water and made into a nice paste it is applied hot to boils as a poultice. It has been recommended as a reliable antiseptic for external application to wounds, as a dressing for washing ulcers and inflammed conjunctiva

as a lotion. It is also used for washing impervious floors in the same dilution and is a disinfectant and deodorizer. It is reputed to be an antidote to poisons and is specially used to purify the poisoned atmosphere. A large quantity of Haridra is burnt where enemies poison the atmosphere of battle-fields. It is used as a condiment and is believed to be a vermicide and digestive and is a safe coloring agent. In sore-throat it is boiled with milk and taken internally or used as an inhalation from boiling water or as a smoke through a pipe in combination with Omam. The following paste is a very popular antiseptic poultice for inflammatory swellings. Garlic or onion 16 parts, Omam 4 parts, Turmeric 1 part. Grind with water into a nice paste. Boil the paste with oil into a poultice. Apply comfortably hot and cover with a tender plantain or lotus leaf and bandage.

### 32. Hingu.

Names :—Latin	Ferula fetida
Tamil	Perunkayam
Telugu	Inguva
Canarese	Ingu
Malayal	Kayam
Urdu	Heeng

**Dose:**—2 to 5 grains made into a pill with Jaggery or as an emulsion with milk.

**Action:**—Carminative, digestive and emmenagogue.

**Uses:**—It is a very good carminative and aids digestion. It is much used in Vata diseases. It is also used as an expectorant in habitual cough, chronic, catarrh, bronchitis, and asthma and as a carminative in dyspepsia, colic and other gastric affections and to expel worms. It relieves distension of the bowels. For its special action of increasing the menstrual flow it is given in cases of painful menstruation. It is very useful in hysteria and allied nervous disorders. After delivery it is given for expulsion of the placenta in 5 grain doses every 15 minutes. As an external application to wounds, dissolved in oil, it is an excellent antiseptic and in diseases of the ear it is a reputed specific used popularly in relieving ear-aches.

### 33. Hingulam.

<b>Names :—</b> Latin	Cinnabar
Tamil	Lingam
Telugu	Ingilikam
Canarese	Ingilika
Malayal	Chayilyam
Urdu	Sinoruff

**Dose :—** $\frac{1}{2}$  to 2 grains of the powder to be given with honey or along with other anupanams twice or thrice a day. It is also given enclosed in a raisin or dry Draksha.

**Action :—**Febrifuge, antiperiodic, antipyretic, antisymphilitic and tonic.

**Uses :—**This is the cheapest form of administering mercury in small doses. As it is combined with sulphur it does not seem to attack the mouth as with calomel. Given early in syphilis it is a very cheap antisymphilitic. It is also used in fevers either alone or in combination with other drugs and is believed to have a specific action. Though many costly preparations of mercury are in use, I consider that this is almost as good as any other. As an external application for syphilitic ulcers, skin diseases such as ringworm and diseases of the nails it is made into an ointment with wax and oil or into a paste with lemon juice and applied. It enters the composition of many compound pills of the Ayurvedic Pharmacy.

### 34. Ikshuraka

<i>Names:—</i> Latin	Hygrophila spinosa
Tamil	Neermulli
Telugu	Neerugobbi
Canarese	Mullankole
Malayal	Vayalchullie
Urdu	Thalmakhana

*Dose:—*Internally 5 to 30 grains of the powder of the seeds with milk and sugar or ghee and sugar.

$\frac{1}{2}$  to 2 oz. of the decoction of the leaves or the whole plant.

Externally the ash of the whole plant mixed with cow's urine or lime water or water.

*Action:—*Demulcent, diuretic and aphrodisiac.

*Uses:—*It is one of the most reputed aphrodisiacs. It is either given alone or as a compound powder mixed with other drugs such as Vidari, Aswagandha etc., or as a lehyam. It is a cooling diuretic and is of much use in gonorrhœa, dropsy, ascites, liver disease and irritation of the urinary tract



External application of the ash over the swollen parts or the whole body, specially over the abdomen and hands and feet, with cow's urine has, in some cases, remarkable effects in increasing the quantity of urine and reducing the swellings. A diet mainly of milk and salt free is also recommended in the treatment.

### 35. **Jatiphala**

<i>Names:—</i> Latin	<i>Myristica fragrans</i>
Tamil	Jatikay
Telugu	Jajikaya
Canarese	Jaikai
Malayal	Jatikai
Urdu	Jaepthal

*Dose:—*5 to 15 grains of the churnam to be taken with honey.

*Action:—*Astringent, aromatic, carminative, stimulant and aphrodisiac.

*Uses:—*In small doses it stimulates digestion, increases appetite, relieves flatulence, dyspepsia and colic. In large doses it causes stupor and delirium. As a carminative, anodyne and astringent it is given in diarrhœa and dysentery and to allay nausea and vomiting.

Small doses of it frequently given relieve strangury. A paste of it is used as an external application to the head in headache. The oil taken out of this is given in atonic dyspepsia, diarrhœa and as an adjunct to other medicines. Locally, diluted with bland oil, it is applied in rheumatism. Bhava-prakash advocates its paste as an external application in discolored patches of the face and Vangasena recommends the same in leprotic ulcers of the skin. Chewed with betel leaves it is an aphrodisiac and digestive.

### 36. Jatipatri.

<i>Names :—</i> Latin	<i>Myristica fragrans</i>
Tamil	Jatipatri
Telugu	Japatri
Canarese	Jatipatra
Malayal	Jatipatri
Urdu	Jounthri

*Dose :—*5 to 15 grains of the churnam to be taken with honey.

*Action and Uses :—*There is a slight difference in taste and it is more aromatic than the above. It is used along with the same and for the same purpose.

### 37. Jatamamsi.

<i>Names :—</i> Latin	Nardostachys jatamansi
Tamil	Jatamamsi
Telugu	Jatamamsi
Canarese	Jatamamsi
Malayal	Jatamanji
Urdu	Sunbulutheeb

*Dose :—*10 to 30 grains to be taken with honey.

*Action :—*Aromatic and is believed to be antispasmodic and is used in nervous diseases such as hysteria, epilepsy etc.

*Uses :—*I have not used it separately but it is given in combination with other drugs for the above purpose. It is also probably an aphrodisiac and is used to improve intellectual capacity. It is said to act like valerian of the British Pharmacopœia. A pure stuff is difficult to get.

### 38. Jeerakam.

<i>Names :—</i> Latin	Cuminum cyminum
Tamil	Jeerakam
Telugu	Jilakarra
Canarese	Jeerige
Malayal	Jeerakam
Urdu	Zeera

**Dose :—**5 to 60 grains of the powder to be taken with honey or as an anupanam to other medicines,

or made into a bolus with jaggery or honey it is kept in the mouth and the juice is swallowed slowly.

or cold swarasa is given with 1 in 4 of water either with honey, sugar or alone,

or as a decoction prepared in the usual manner.

**Action :—**Cooling, digestive, carminative, aromatic and uterine and nervine stimulant.

**Uses :—**It is much recommended in Pittavikara. It aids digestion and improves the taste. Its use is also indicated in dysentery and diarrhoea. It is included in some fever decoctions. As a kalka it is used in the hair oils. It is used in atony or weakness of the uterus and also in paralysis and in want of nerve tone. In combination with jaggery or honey it is used in hiccough.

### 39. Kachoram.

<b>Names :—</b> Latin	Curcuma zedoaria
Tamil	Kichili kilangu, Poolakil-
Telugu	Kachoralu [angu
Canarese	Sati
Malayal	Kacholam
Urdu	Kachor

**Dose:**—5 to 30 grains to be taken as a powder.

**Action:**—Cooling, aromatic, mild expectorant, antiseptic and deodoriser.

**Uses**—It is used as a scent for cooling hair oils. It is used as a demulcent, carminative and mild expectorant. It is used as a dusting powder for ulcers and as an aromatic in bathing and toilet powders.

#### 40. **Kantakari.**

<b>Names:</b> —Latin	Solanum xanthocarpum
Tamil	Kantankattiri
Telugu	Vakudu
Canarese	Nelabadane
Malayal	Kantakari
Urdu	Dorla

**Dose:**—Of the root, 5 to 15 grains of the powder with honey or  $\frac{1}{4}$  to 1 tola of the decoction 1 in 4 when green or double the dose when dry.

Of the leaf and stem,  $\frac{1}{4}$  to 1 tola of the swarasam when fresh or double the above dose when dry as a decoction.

Of the fruit  $\frac{1}{4}$  to  $\frac{1}{2}$  tola as a swarasam, with 1 in 4 of water, strained and taken with honey.

The root mild, stem is medium and the fruit is very active both as expectorant and emetic.

*Action*:—Stimulating expectorant and mild laxative. Probably the root is also diuretic.

*Uses*:—This is one of the most potent drugs for use as an expectorant when phlegm is liquified and ready for evacuation. Small doses also help to liquify the phlegm in the chest and prepare it for evacuation. It is therefore a very popular remedy in all fevers attended with phlegm in the chest. In Influenza it has been of immense use. It is one of the Dasamulas and probably the most reliable of the Dasamulas for the relief of Vata as well as Kapha. When Kapha is very predominant the emetic doses may be used with advantage. It does not increase Pitta and is therefore very frequently used in Sannipata fevers or fevers of a complicated nature. In asthma and bronchitis it may be given as a syrup or as a confection for continued use.

# 41. Karpuram—(Pacchakarpuram).

Names:—Latin	(English) Camphor
Tamil	Karpuram
Telugu	Karpuramu
Canarese	Karpura
Malayal	Karpuram
Urdu	Kafur, Patchkafur

Dose:—(1)  $\frac{1}{4}$  to 5 grains.

(2)  $\frac{1}{2}$  to 2 oz. as swarasam with water  
1 in 1000.

(3) as a syrup with lemon juice, ginger juice, fruit juice, sugar or honey according to taste.  $\frac{1}{2}$  to 1 tumbler with or without ice.

Action:—Cooling, aromatic, stimulant, expectorant, antiseptic, diuretic, diaphoretic and aphrodisiac in small doses and sedative, and depressant in large or poisonous doses.

Uses:—It is very much used as a cooling agent in fevers of summer. Combined with musk, it is used as a stimulant and expectorant, in pneumonia, asthma and bronchitis. It is used as an aphrodisiac with thambula, milk or as pill with Jatiphala etc. Alone it is not advisable to use it in large doses

but combined with other drugs it is a nice flavouring agent and stimulant. Mixed with Chandanam 1 grain to 1 oz. of the paste it is applied as a cooling agent to the body in fevers, itch, prickly heat and burning sensation due to inflamed nerve terminals and is also given internally for inflammatory conditions of the mucous membranes such as leucorrhœa, gonorrhœa etc. It is used as a cooling stimulating eye ointment for relieving inflammation. It is used as an intestinal antiseptic and also as a blood-purifier and tonic. Mixed with thymol it forms a liquid preparation useful in relieving tooth ache.

It is used as an oral antiseptic and fragrant in tooth powders. The liniment made with 1 in 4 of oil is a pleasing application to boils, ulcers and cuts. It may be applied for headache and other painful ailments as a rubefacient and anodyne as an oil or as a paste with water along with Sati in Pitta types and with dry ginger in Vata and Kapha types. The lotion, 1 in 1000, may be used for washing ulcers or mucous membranes. If stronger solutions are desired it may be mixed with Omam water.



## 42. Kasisa.

<i>Names :—</i> Latin	Ferri sulphas
Tamil	Annabedi
Telugu	Annabedi
Canarese	Annabedi
Malayal	Annabedi
Urdu	Hira kashish

*Dose :—*1 to 4 grains in pill or mixture with water.

*Action :—*Astringent and haematinic.

*Uses :—*It is considered in high esteem as a haematinic in cases of anaemia and bloodlessness (Refer Kasisa Basma). It is also given as a substitute for other preparations of iron. For its astringent properties it is given in combination with other drugs in cases of dysentery, diarrhoea and haemorrhage. In certain cases of jaundice and anaemia it is considered as a specific. It improves the colour and vigour of the body by enriching the blood.

As an external application it is used as a ghrita for ulcers and as a lotion for irrigation of inflamed mucous membranes.

### 43. **Kasthuri.**

Names :—Latin	Musk
Tamil	Kasthuri
Telugu	Kasthuri
Canarese	Kasthuri
Malayal	Kasthuri
Urdu	Mishk

**Dose :—** $\frac{1}{4}$  to 5 grains to be given with human milk, milk, honey, betel leaf juice and honey or in combination with other medicines.

**Action :—**Stimulant, aphrodisiac, antispasmodic, digestive, brain tonic and is said to improve eye-sight.

**Uses:—**It is a powerful diffusable stimulant which may be relied on and which does not subsequently depress the patient like alcohol, if given in proper doses and watched. For this purpose it is used in pneumonia, high fevers, cholera, to women after confinement and as a preventive and cure for cold, influenza and other infectious diseases. It is given in almost all Vata and Sannipata diseases. and forms the chief ingredient of aphrodisiac and tonic pills. It is one of the popular constituents of the thambula intended as a tonic and aphrodisiac.

#### 44. Katukarohini.

<i>Names :—</i> Latin	Picrorhiza kurrooa
Tamil	Katukarohini
Telugu	Katukarohini
Canarese	Katukarohini
Malayal	Katukarohini
Urdu	Kutki

*Dose :—*5 to 15 grains of the powder to be taken with water or  $\frac{1}{4}$  to 1 tola as a decoction with other drugs.

*Action :—*Febrifuge, stimulant of the liver and bitter tonic.

*Uses :—*It is given in dyspepsia, hepatic derangements and jaundice. It is a valuable anti-periodic in low continued fevers and is given to children in worms. It is a mild laxative. It helps to purify the milk of the women (Charaka). In chronic malarial fevers the decoction made as follows is very useful.

Katuki	grains 20.
Kirata	grains 20.
Swarnamuki	grains 20.
Harithaki	grains 20.
Draksha	1 tola
Guda	2 tolas

Soak all the above as rough powder in water along with Draksha and jaggery over night in a silver or earthen vessel. Strain through cloth and take early in the morning daily. Regulate the dose as to have only one good motion daily. A decoction of the same may also be given.

This is very successful in cases where Quinine fails, especially in jaundice of chronic malaria and is also useful in relieving the bad effects of Quinine. Swarnamuki may be omitted in some cases. The decoction of them may be given in divided doses according to constitutions.

#### 45. **Khadira.**

<i>Names :—</i> Latin	Acacia catechu
Tamil	Karunkali
Telugu	Chendra
Canarese	Kaggali
Malayal	Karungali
Urdu	Khyre

*Dose :—* $\frac{1}{4}$  to 1 tola of the bark as a decoction prepared in the usual manner.

*Action :—*Astringent, blood-purifier and tonic.

*Uses*—This is very much mentioned in the treatment of leprosy. Thuvaraka seeds are boiled in the decoction of Khadira and the oil so extracted is specially mentioned for use both internally and externally in the treatment of leprosy. (Dose 5 to 15 minims). The decoction of the bark or compounds containing the bark or stem is used as blood-purifier in skin diseases and in syphilis. It is also used in diarrhoea, dysentery and haemorrhage and as a general tonic. As an antiseptic gargle for ulcers in the mouth, throat or tonsils or diseases of the gums and teeth, the same decoction is very useful with a little honey.

Externally the decoction forms an astringent lotion for cleaning ulcers and for vaginal irrigation. It is also used in the preparation of tooth powders.

The dry extract of Khadira is called Khadira-saram and is sold in the bazaar as hard pieces, called Kachu (Kachukattie). This extract is very useful as a powerful astringent and may be used in the place of the above drug in a very dilute solution or as a powder in combination with other drugs.

## 46. Kirata.

<i>Names:—</i> Latin	<i>Andrographis paniculata</i>
Tamil	Nilavembu
Telugu	Nelavemu
Canarese	Nelabevu
Malayal	Kiriatu, Nelavepu
Urdu	Chiraita

*Dose:—*10 to 30 grains of the powder with hot-water or honey or as decoction with Rasna, Bharngi, Sunti and castor oil in vata diseases, with Katuki, Triphala, Draksha and sugar in Pitta diseases and with Sunti, Kantakari, Vasa and honey in Kapha diseases.

*Action:—*Febrifuge, antiperiodic, antipyretic, hepatic stimulant, blood-purifier and tonic.

*Uses:—*It has a great reputation as the best remedy for Malaria even better than Quinine. Its advantage probably lies in its action on the liver. It forms 50% of Sudarsana churna, the popular remedy for all kinds of fevers and is one of the chief ingredients of the popular decoction or powder used in serious ailments due either to changes showing symptom of Vata, Pitta or Kapha or their complications.

In combination with Seetamsurasa or Sannipatabhairava rasa or other fever pills it seems to act better in acute diseases. As an external application for itch or skin diseases it is used with ghee or oil and powdered pepper.

## 47 Krishna Jeeraka.

Names:—Latin	Nigella sativa
Tamil	Karunjeerakam
Telugu	Nallajilakara
Canarese	Karijirigae
Malayal	Karunjirakam
Urdu	Kulanjan

**Dose:**—5 to 20 grains of the powder or as a decoction or swarasam of  $\frac{1}{8}$  to  $\frac{1}{4}$  tola of the seeds ground, with 2 oz. of water strained and given with honey or as a powder in combination with other anthelmintics and antispasmodics.

**Action:**—Anthelmintic, galactagogue, emmenagogue and carminative.

**Uses:**—A decoction or swarasam of the seeds is given just after delivery to stimulate the uterus to contraction and to increase the secretion of milk. It is one of the chief ingredients of vermicide powders and

decoctions. It is mixed with other carminatives such as Chitraka, Hingu etc., and it is given in cases of dyspepsia, loss of appetite, diarrhoea and intermittent fevers. It is given as an emmenagogue in amenorrhoea and dysmenorrhoea and is said to cause abortion when given in large doses. The seeds are tied in a piece of cloth, crushed between fingers and inhaled in nasal catarrh.

#### 48. Kumari

Names:—Latin	Aloe vera
Tamil	Sotthukattalai
Telugu	Kalabanda
Canarese	Naulisara
Malayal	Kattuvaya
Urdu	Gheekuwar

*Dose* :—1 to 5 grains of the dry extract (Moo-sambaram) made into a pill.

*Action* :—Liver<sup>\*</sup> stimulant, cathartic, emmenagogue and vermifuge.

*Uses* :—It stimulates the mammary glands, liver and the pelvic organs giving rise to abortion. The milk of mother acquires purgative quality. It enters into the composition of purgative and emmenagogue pills. It has a griping action. It is generally given in



combination with equal parts of the dry extract, Kasisa Sinduram, Hingu and Tankanam known as Rajapravartani vati. Externally it is used as a paste which when dry acts like a tight bandage and decreases swelling. It secures rest upon the part applied. It is antiseptic and antiphlogistic.

#### 49. Kurasani Yamani

Names:—Latin	Hyoscyamus niger
Tamil	Kurasani omam
Telugu	Kurāsani omam
Canarese	Kurasinu omam
Malayal	Krosani omam
Urdu	Kurasani ajwain

**Dose :—**5 to 15 grains as a swarasam or decoction with honey or sugar and  $\frac{1}{8}$  to  $\frac{1}{4}$  tola for single administration.

**Action :—**Anthelmintic, sedative, anodyne and intestinal antiseptic.

**Uses :—**This is used in cases of colic, generally in cases of indigestion in children. Mothers give it with human milk to children who do not sleep well at night. It is much safer than opium. It does not constipate nor lessen the secretion of urine. In elderly people suffering from pain or hard brea-

thing due to asthma, it may be given combined with other drugs in order to produce sleep and relieve suffering. It is also used along with other anthelmintics and purgatives. It allays pain due to gripping. On the whole it is a safe anodyne used in proper doses. In large doses it is a poison and acts like Dhathura.

## 50. Kushtam

*Names* :—Latin      *Aplotaxis auriculata*  
                  Tamil      Chengalvakoshtam  
                  Telugu    Chengalvakoshtam  
                  Canarese   Koshtam  
                  Malayal   Kottam  
                  Urdu       Kust, koshtam

*Dose* :—5 to 15 grains with honey.

*Action* :—Stimulant, antispasmodic and tonic.

*Uses* :—As a stimulant it is given in spasmodic diseases as cough, asthma, cholera and deranged digestion. As an alterative it is used in chronic skin diseases and rheumatism. Locally a paste of it made in rose water is more applied to swollen hands and feet and to swelled abdomen in obesity and as a cooling lotion to sprains and contusions. As a reliever of headache, it has been advo-

cated by Kautilya in his Artha sastra. Koshtam, Vidanga and Dravanti are to be powdered and used as a snuff. Vangasena advises a lepa or application of the paste obtained by grinding the roots of Kushta and Eranda with kanjika to be applied for headaches. Externally it is used as an astringent ointment for ulcers.

The proper drug is not available easily in the south and therefore my experience with this drug is very little. It is much used in asthma, hysteria, epilepsy, insanity and other nervous diseases. It is one of the ingredients of the prepared oils and is used both for its fragrance and its soothing properties.

## 51. Kutaja Thwak

*Names:*—Latin      Holarrhena antidysenterica  
                  Tamil      Veppalai  
                  Telugu      Kodisapala  
                  Canarese      Kodashige  
                  Malayal      Kutakapala  
                  Urdu      Indrajav

*Dose:*—10 to 60 grains of the powder of the bark with honey or sugar or thakram (butter-milk) or  $\frac{1}{2}$  to 1 tola of the bark boiled with 8

times the quantity of water, reduced to one-fourth, filtered and taken with honey. Seeds—same as above.

**Action:**—Antiperiodic and antidyenteric.

**Uses:**—It has earned much reputation as a specific in cases of dysentery and is used in the place of Ipecacuanha. It is also said to be very useful in cases of Raktapitta. Chakradutta recommends a paste of the bark to be used in cases of kushta.

## 52. Laksha

<b>Names :—</b> Latin	Coccus lacca
Tamil	Kombarakku
Telugu	Lacca
Canarese	Arakku
Malayal	Kolarakku
Urdu	Lac

**Dose:**—5 to 15 grains to be taken with honey or ghee or Kushmanda swarasam and sugar.

**Action:**—Astringent, haematinic, blood-purifier and tonic.

**Uses:**—In Raktapitta or bleeding from any portion of the body, the powder is given either alone or in combination with other drugs.

It probably produces chemical changes in blood which increases coagulation. It is used as a specific for haemorrhage in uterine disorders and in epistaxis or bleeding from the nose and lungs. It is also used in chronic dysentery and anæmia. In case of Urakshata it is given internally with honey, with much success. The oil medicated with this is considered to be much useful in cases of all chronic fevers for external use and massage.

### 53. Lankesam

Names:—Latin	Piper cubeba
Tamil	Valmilagu
Telugu	Salavamiriyalu
Canarese	Gantamenasu
Malayal	Valmilagu
Urdu	Dhumkimirch Kavabchini

**Dose :—**5 to 20 grains of the powder to be given with cocoanut water or with any other diuretics. 5 to 15 minims of the oil.

**Action :—**Cooling in small doses, aromatic, diuretic, urinary antiseptic, carminative, antiseptic and stimulant to mucous membranes.

**Uses :—**It is very largely used to alleviate sore throat in pill or powder mixed with sugar and honey. As a digestive it is used along with betel leaf. In Gonorrhœa and in bronchitis it acts as a stimulant to mucous membranes and as an antiseptic. In large doses it may irritate. It is also used as an oral antiseptic.

#### 54. Lavangam.

<i>Names :—</i> Latin	Caryophyllus aromaticus
Tamil	Lavangam, Krambu
Telugu	Lavangalu
Canarese	Lavanga
Malayal	Kariambu
Urdu	Loung

**Dose :—**1 to 15 grains of the powder to be taken with honey or in combination with other drugs.

**Action :—**Internally — carminative, aromatic, antispasmodic, expectorant and stimulant. Externally—rubefacient, local anæsthetic and antiseptic.

**Uses :—**Internally it stimulates circulation and raises the blood-pressure. It promotes digestion and nutrition and relieves gastric and intestinal colic and spasm. Its external use

relieves local pain and specially the pain of the head. A paste of them applied to the forehead and to the nose is a popular remedy in headache and coryza. Kept in the mouth it is an oral antiseptic and stimulant to the throat. It increases the secretion and helps to relieve congestion of the throat. It is used in combination with sugar or *kalkanda* to promote expectoration from the lungs. It is included in tooth powders for its fragrance and antiseptic properties. It stimulates the skin, salivary glands, kidneys, liver and bronchial mucous membranes. It is a valuable home remedy and is used as a condiment to improve digestion. In large doses it is an irritant.

## 55. *Lodhra*.

Names :—Latin	<i>Symplocos racemosa</i>
Tamil	Vellaloddi pattai
Telugu	Lodduga
Canarese	Pachettu
Malayal	Pachoti
Urdu	Lodh

*Dose* :— $\frac{1}{2}$  to 1 oz. of the bark as a decoction boiled with 8 times the quantity of water, reduced to one fourth, strained and taken with honey.

**Action :—**Astringent and uterine tonic.

**Uses :—**It is highly recommended as a specific in cases of Pradara and other uterine affections. For its astringent property it is very much used in cases of dysentery and haemorrhage. It is recommended as a dusting powder for wounds. It is also mentioned in Kushta and diseases of the eye. The decoction is used as a gargle with a little honey in relaxed uvula and bleeding gums and as a wash for ulcers. Applied as a plaster it is said to promote maturation of boils.

## 56. Madhu.

<b>Names :—</b> Latin	Mel
Tamil	Thane
Telugu	Thane
Canarese	Jenutuppa
Malayal	Thane
Urdu	Shahadh

**Dose :—**1 to 4 drams with water for a single dose and 5 to 30 minims for repeated administration.

**Action :—**Astringent, antiseptic, nutritive, aphrodisiac and tonic.



*Uses*.—It is a pleasant vehicle for other medicines of the Ayurvedic pharmacopoeia. It itself is reputed to remove phlegm. For its nutritive properties and its pleasant taste it is used in all leham.

It is specially recommended in Kapha diseases when phlegm is predominant. Taken early in the morning with equal parts of cold water it is reputed to cure obesity. It is not contraindicated in diabetes according to Ayurveda. Mixed with milk and ghee it is specially recommended in consumption as a tissue-builder. The same is also given as an aphrodisiac along with Guduchisatwam, Vidari or Aswagandha. It is given to children along with fresh juice of betel leaves as a carminative. To the new born baby a few drops may be given every two or three hours as a diet for first few days. It is also recommended as an antiseptic dressing for burns and cuts. It is used either alone or mixed with ghee. Made into a paste with a little chunnam it is used as a poultice for abscesses.

**57. Madhusnuhi.**

<i>Names :—</i> Latin	Smilax china
Tamil	Parangi pattai
Telugu	Pharangichekka
Canarese	Chinipavu
Malayal	Pavu
Urdu	Chopcheeni

*Dose :—* $\frac{1}{4}$  to 1 tola of the powder with ghee and sugar or in combination with other drugs.

*Action :—*General tonic.

*Uses :—*It is very much used in late stages of syphilis and leprosy as a tonic and alterative. It enters the composition of lehamms intended for tissue-building and as aphrodisiacs. It is also used in scrofula and chronic rheumatism.

**58. Maduchishta.**

<i>Names :—</i> Latin	Cera flava (Bees wax)
Tamil	Thane mezhugu
Telugu	Mainam
Canarese	Jenumena
Malayal	Mezhugu
Urdu	Moum

*Action :—*Antiseptic, emollient, lubricant and is used mostly externally in ointments.

**Uses :—**Its chief property is to solidify oils at ordinary temperature. It has got a special reputation in promoting union in fractures and in giving a healthy tone to the skin. It makes a soothing ointment to chronic ulcers.

### 59. **Manjishta.**

<b>Names :—</b> Latin	Rubia cordifolia
Tamil	Manjishti
Telugu	Manjishta
Canarese	Manjishta
Malayal	Manchatti
Urdu	Manjit

**Dose :—**10 to 30 grains of the drug with 1 or 2 oz. of water or along with other drugs.

**Action :—**Blood-purifier.

**Uses :—**It is a reputed blood-purifier and is used in skin diseases and in some cases of leprosy and leucoderma. Its internal administration is believed to alter discoloration of the body and to improve complexion (Vyangeshu Manjishta—Chakradutta). It is also said that it works well in eliminating the poison from the body. Sushruta prescribes a decoction of Manjishta with Chandanam in cases

of Manjishtameha. It is used as an antiseptic and coloring agent in ointments as in Pindathaila and in the preparation of hair oils.

## 60. Maricham.

Names:—Latin	Piper nigrum
Tamil	Milagu
Telugu	Mirialu
Canarese	Menasu
Malayal	Kurumilagu
Urdu	Kalimirch

*Does*:—5 to 15 grains of the powder to be taken with honey or ghee or sugar or jaggery, or  $\frac{1}{4}$  to 1 tola as a decoction boiled in the usual manner with a little honey or ghee or as a rasam or chutney prepared with lemon juice, tamarind and other condiments.

*Action*:—Febrifuge, antiperiodic, antipyretic, stimulant to heart, carminative, anthelmintic and parasiticide. In small doses it is a urinary antiseptic and in large doses an irritant.

*Uses*:—It is very commonly used in the early stages of all fevers and also as a preventive of further troubles in cold, catarrh and influenza. It is a very good digestive and carminative. Hence it is given in cases of

diarrhoea, dyspepsia, flatulence and atony of the stomach. It relieves suffering in intermittent fevers by causing perspiration. It also seems to have a specific action in curing Malaria. In cough, cold, asthma and other pulmonary affections it is given as a powder with ghee, sugar and honey or as decoction with milk, like coffee or tea. It acts as a stimulant to the heart and increases expectoration. As an anthelmintic it is given along with other drugs. It is also given internally as a pill along with *Aristolochia bracteata* (*Adutinnapalai*) in doses of 5 grains of the powder, with the mass of the leaf of about a marble size, in eczema and syphilis of the three stages. The same prescription is used as a secret remedy in cases of cholera and in appendicitis by some physicians. Milk boiled with pepper and taken at night is an excellent recipe for improving blood ("Marichaikvathitham dugdam pane rathrow prashasyathe, rasanam thena vridhhi syath" Haritha.) It is advisable to give it in elephantiasis daily. In gonorrhoea and gleet it acts as a stimulant and urethral antiseptic in small doses and may be given along with milk and kalkanda churnam.

Externally it is a local irritant and causes burning sensation of the skin. It is used to relieve headache and is applied as a paste with water comfortably hot or ground with equal parts of rice and a little water and applied as a hot paste to the forehead. A local application relieves pain due to neuritis. In night-blindness a paste of pepper with curd is recommended for application into the eyes as an ointment by Vagbhata. In skin diseases, particularly eczema, pepper powder is applied with ghee or kuppameni leaf juice or as an ointment made up of Adutinnapalai (Gadidekadapaku) and butter.

## 61. **Musta.**

<i>Names:—</i> Latin	Cyperus rotundus
Tamil	Koraikilangu
Telugu	Tungamustalu
Canarese	Badramushtie
Malayal	Muttangya
Urdu	Nagarmotha

*Dose:—*5 to 15 grains of the powder to be taken with honey or  $\frac{1}{4}$  to 1 tola to be taken as a decoction or infusion prepared in the usual way or  $\frac{1}{4}$  tola boiled with a seer of water or soaked over-night as a seetakashaya.

**Action :—**Diaphoretic, demulcent, diuretic, aromatic, stimulant and galactagogue.

**Uses :—**In fevers pitta of type i.e.. when predominant symptoms are thirst, burning sensation of the body, delirium, jaundiced eyes etc., its use is specially indicated. It is also given in cholera for suppression of urine. The drink is recommended as a diuretic and for relieving thirst in fevers and in diabetes of pitta type or it may be given as Shadanga kashaya (“Ghanachandana suntyambu parpatosira sadhitai” Vagbhat.)

## 62. Nagakesaram.

<i>Names :—</i> Latin	Mesua ferrea
Tamil	Sirunagappu
Telugu	Nagakesaramulu
Canarese	Nagakesara
Malayal	Nagappu
Urdu	Nagakesar

**Dose :—**10 to 30 grains of the powder to be taken with honey or sugar and butter.

**Action :—**Cooling, carminative and aromatic.

**Uses :—**It enters the composition of almost all lehamams of the Ayurvedic Pharmacopoeia, as a digestive, carminative and aromatic.

It is a mild febrifuge. In bleeding piles and dysentery attended with blood, the powder is given. with butter and sugar In Sweta-pradara or leucorrhoea a paste of this with curd followed by a diet of rice and butter-milk is recommended by Bhavaprakash.

### 63. Navasaram.

<i>Names :—</i> Latin	Ammonii Chloride
Tamil	Navacharam
Telugu	Navasaramu
Canarese	Navasagara
Malayal	Navasaram
Urdu	Navasagar

*Dose :—*5 to 15 grains to be taken with the decoction of Gokshura or any other diuretics.

*Action :—*Diuretic and hepatic tonic.

*Uses :—*As a diuretic it is used in liver disorders, ascites, retention of urine etc. Mixed with chunnam it evolves ammonia which in solution with water is applied as an external application to injured joints and to scorpion bites. It is used in the preparation of Sankadravaka and Swarnavanga. It is also used externally as a paste with cow's urine or lime water or lemon juice along with Sunti and Devadaru, renewed



every 4 hours to relieve inflammation and poison.

## 64. Nimba.

Names :—Latin	Melia azadirachta
Tamil	Vembu
Telugu	Vepa
Canarese	Bevu
Malayal	Vepu
Urdu	Neem

*Dose* :— $\frac{1}{4}$  to 1 tola as a decoction boiled with 8 times the quantity of water and reduced to one fourth.

3 to 10 minims of the oil.

$\frac{1}{4}$  to 1 oz of the juice of the tender leaves with honey.

As a kalka of the leaves with salt and pepper of a marble size.

Of a mixture of root, stem, leaf, flower and fruit crushed together, in dose of  $\frac{1}{4}$  to  $\frac{1}{2}$  tola as an infusion or decoction with honey or sugar.

*Action*:—Febrifuge, antiperiodic, antipyretic, anthelmintic, antiseptic, blood-purifier and bitter tonic and specific in leprosy.

*Uses*:—The bark is used in intermittent and remittent fevers, general debility and convalescence. It is a reputed blood-purifier and hence it is given as a specific in cases of Kushta (Leprosy), Vatarakta and other diseases of the blood. The tender leaves ground into a mass with pepper and salt are given as a carminative, anthelmintic and in leprosy. The juice of the leaves is used with honey in Kamala or jaundice and worms. The seeds are anthelmintic and alterative. The oil extracted from it is bitter anthelmintic and stimulant and has a specific action in leprosy both internally and externally. The toddy which naturally oozes out of the tree is used as a tonic and also in leprosy. The gum is used by some in chronic gonorrhoea.

The decoction of the bark is used as an antiseptic lotion for cleaning ulcers. The leaves are disinfectant and local stimulant and are used as poultices to indolent glands and swellings. The paste of the leaves ground with turmeric is used as a popular remedy for ulcers in Small-pox. The foam obtained by churning the tender shoots with cold or ice water is applied to the body to reduce the high temperature in fevers. The

external application of the oil is antiseptic and healing.

## 65. Nirgundi.

*Names:—*Latin      Vitex negundo  
                   Tamil      Nochhi  
                   Telugu    Vavili  
                   Canarese Nokki  
                   Malayal Nochhi  
                   Urdu      Shembali

*Dose:—* $\frac{1}{4}$  to 1 oz. of the Swarasam to be taken with honey or  $\frac{1}{2}$  to 2 tolas of the leaves as decoction boiled in the usual manner or the leaves made into a mass with pepper and taken in dose of 5 to 15 grains three times a day.

*Action:—*Alterative, antiperiodic, antipyretic and anodyne.

*Uses:—*The decoction with pepper or the swarasam is used by some as a specific in Malaria. It is also used in colic, dyspepsia, rheumatism, and worms. The crushed mass is tied to the head in heaviness of the head and in fevers of the complicated or nervous type.

The boiled leaves are used for fomentation of painful joints in rheumatism. The joints are bathed in the hot water in which the

leaves were boiled. The water used for bathing puerperal women is boiled with these leaves and those of Prasarini, bamboo, neem etc. It is used in all Vata diseases both internally and externally and has a great reputation. The oil prepared with the Swarasa of the leaves is very popular for relieving pains Taludadai ilai (Prasarini) in Madras is also very much used for similar purposes externally and is very effective in relieving pains of acute rheumatism.

## 66. **Parpatakam.**

<i>Names:—Latin</i>	Mollugo cerviana
Tamil	Parpatakam
Telugu	Parpatakamu
Canarese	Parpatakam
Malayal	Parpatakam
Urdu	Hazardhana

*Dose:—* $\frac{1}{2}$  to 2 tolas as a decoction with or without sugar or as a compound with other drugs (Refer Shadanga Kashaya).

*Action:—*Cooling, diuretic, febrifuge, relieves thirst and burning sensation of the body.

**Uses :—**It is often used for the same purpose as and along with Musta in high fevers (Refer Musta No. 61). This drug alone is enough in Pitta fevers (Eka parpataka sreshtaha pitta jwara vinasanaha.—Chakradutta). Water boiled with 1 in 120 parts and cooled, or water in which the drug is soaked overnight is an excellent drug for relieving urethral burning sensation and acute inflammation in cystitis and gonorrhoea. It is also recommended in vomiting along with honey.

## 67. Patola.

<b>Names :—</b> Latin	Trichosanthes dioica
Tamil	Peppudal
Telugu	Chedupotla
Canarese	Kaipatola
Malayal	Padolam
Urdu	Kichunda

**Dose :—** $\frac{1}{2}$  to 2 tolas to be taken as a decoction.

**Action :—**Febrifuge, blood-purifier and bitter tonic.

**Uses :—**The decoction is much used as a febrifuge and antiperiodic. It purifies the blood. The green leaves are advised to be taken as

a vegetable in cases of poisons and after fevers. In the treatment of small-pox the decoction is much recommended by Bhava-prakash. The properties and uses are almost the same as Nimba and is used in compound decoctions for all kinds of fevers.

## 68. **Patrakam.**

<i>Names :—</i> Latin	Cinnamomum zeylanicum
Tamil	Lavangapatri
Telugu	Akupatri
Canarese	Lavangapatri
Malayal	Lavangapatram
Urdu	Tejpat

*Dose :—*10 to 60 grains of the powder with honey or as a decoction along with other drugs.

*Action :—*Aromatic, mild febrifuge, mild expectorant and diuretic.

*Uses :—*It is rarely used alone. But it enters into the composition of most of the leham where it is chiefly added to give aroma. It is also included in other febrifuge and diuretic decoctions.

**69. Pippali.**

<i>Names :—</i> Latin	Piper longum
Tamil	Thippili
Telugu	Pippallu
Canarese	Thippali
Malayal	Thippili
Urdu	Pippal

*Dose :—*5 to 15 grains as powder with honey or ghee or ghee and sugar,

or 10 to 60 grains as decoction or boiled with milk,

or with equal parts of Saindava lavanam and ghee,

or with water, milk and sugar or butter milk in increasing doses starting with 5, increasing daily by 5, till the number reaches 50 and reducing by 5 daily (Vardhamana pippali-Charaka).

*Action :—*Digestive, carminative, stimulant, febrifuge, alterative and tonic.

*Uses :—*In consumption and in ascites goat's or cow's milk is recommended to be used, boiled with Pippali churnam. It makes the milk more easily assimilable. In piles

it is used with butter-milk. It is milder than Sunthi in relieving abdominal distension or pain. It is less pungent than pepper. It is used alone wherever a milder drug is required and a combination of the above two, when more powerful action is required. It is generally combined with Sunti as Vataharatwam and with pepper as Kapaharatwam. Itself, is mainly Pittahara and is used alone in kevala pitta vikara. The combination of the three is therefore very popularly used in all the three conditions.

## **70. Pippalimoolam.** (*Root of the above*).

*Dose*:—Action and Uses similar to the above but milder.

It is more a favourite of pregnant women and is used both in pregnancy and after childbirth. Its uses are probably digestive and tonic. It is reputed to be Vataharam. As an anthelmintic it is given with goat's urine (Vagbhata). As a galactagogue it is given along with milk and sugar (Maricham pippalimoolam ksheeram ksheera Vivridhdhaye—Haritha). In Nidra nasa, Haritha prescribes a powder of this to be taken with Gudam.



## 71. Punarnava.

<i>Names :—</i> Latin	Boerhaavia diffusa
Tamil	Chattaranai
Telugu	Galijeru
Canarese	Gajjeru
Malayal	Taludama
Urdu	Peescopra

*Dose :—*10 to 60 grains of the powder with hot-water,

or  $\frac{1}{4}$  to 1 tola as a decoction,

or  $\frac{1}{2}$  to 2 tolas of the juice of fresh root or the swarasam of the dry root.

*Action :—*Diuretic, leaf—laxative as a sakam (curry).

*Uses :—*Its very name is sophagni (that which cures swellings). It is used in a variety of diseases and is one of the most useful drugs in the Ayurvedic Pharmacopœia. It is useful both in heart and kidney diseases and remarkable results are observed, swellings in the hands, feet or face or on the whole body disappearing promptly. The patient is also put on salt free diet during the treatment. The leaf used as a vegetable removes constipation. I have given below the summary of its uses as found in Vanoushadi Gunadharpana.

- 1 A paste of the root with Dadhimanda (water floating on curd) may be used as an application for all kinds of kushta  
(Chikitsa-Ch. 7. Charaka).
- 2 Decoction prepared with punarnava in Asmari  
(Chikitsa-Ch. 7. Sushruta).
- 3 Either the decoction or the kalka of Punarnava with Sunthi followed by an anupanam of milk in Sotha.  
(Chikitsa-Ch. 23. Sushruta).
- 4 Powder of the root with honey in Mushika Visha (Rat-bite).  
(Kalpa-Ch. 6. Sushruta).
- 5 Swetapunarnava and Dathura in Alarkavisha (Rabid dog-bite).  
(Kalpa-Ch. 6. Sushruta).
- 6 Milk boiled with the root in Jwara.  
(Uttara-Ch. 36. Sushruta).
- 7 Ghee medicated with milk, Punarnava kashaya and yashti-kalka is nutrient and removes intoxication.  
(Madatyaya Chikitsa-Vrinda).

- 8  $\frac{1}{2}$  pala of the kalka taken with milk for half a month or two months or six months or one year as a Rasayanam.

(Rasayanadikara-Vrinda).

- 9 Ghee medicated with the kalka and kashaya of Punarnava for Sotha.

(Sotha chikitsa-Chakradutta).

- 10 The root of Sweta punarnava as a decoction for apakva vidradhi.

(Vidradhi Ch.-Chakradutta).

- 11 The root taken with water obtained by washing rice for Visha.

(Visha chikitsa-Chakradutta).

- 12 Urakshata chikitsa—As in Sopha.

(Haritha).

- 13 Decoction of Punarnava for producing sleep

(Chikitsa-Ch. 16. Haritha).

- 14 Decoction of Sathi, Sunthi and Punarnava used continously for seven nights in Amavata (Bavaprakash).

## 15 Use of Punarnava in eye-diseases:—

Dugdhenā kandoom kshoudrena netrasravan-  
cha sarpisha,

Pushpam thailena thimiram kanjikenā  
nisandhatham,

Punarnava harathyasu bhaskarasthimiram  
yatha."

With milk in itching of the eyes, with honey  
in discharges, with ghee in pushpam  
(white patch), with oil in timira  
(immature cataract), with rice-washings  
in night-blindness.

(Bhavaprakash).

16 The powder with milk for Pitta fevers and  
with thambula for Chathurthika fevers.

(Jwara chikitsa-Vangasena).

17 Oil medicated with Sweta punarnava to be  
rubbed in the foot in Vatakantaka.

(Vatavyadhi chikitsa-Vangasena).

## 18 The leaves as saka for Amavata

(Amavata chikitsa-Vangasena).

## 72. Raktachandanam.

<i>Names.</i> —Latin	Pterocarpus santalinus
Tamil	Sigappu chandanam
Telugu	Errachandanamu
Canarese	Raktachandana
Malayal	Raktachandanam
Urdu	Sandalai suruk

*Dose*:— $\frac{1}{4}$  to 1 tola as decoction.

*Action*:—Refrigerant, antiperiodic, antipyretic, febrifuge, astringent and bitter tonic.

*Uses*:—Properties almost the same as Sweta chandanam (Refer page 22.)

It is used in many fever mixtures including mixtures for plague (D. Gopalacharlu's Haimadi Panakam) and it is probably specially useful in relieving thirst and burning sensation of the body. It is also specially mentioned in Visarpa (Erysipelas) and as a blood-purifier in skin diseases.

## 73. Rasna.

<i>Names</i> :—Latin	Alpinia officinarum
Tamil	Chittarattai
Telugu	Sannarashtramu
Canarese	Rasagadde
Malayal	Aratta
Urdu	Kulanjan

*Dose*.—5 to 15 grains of the root rubbed in honey or of the powder or swarasam prepared as usual with honey,

or  $\frac{1}{4}$  to  $\frac{1}{2}$  tola as decoction with honey or sugar,

or boiled with milk, strained and taken with sugar.

*Action* :—Expectorant and carminative.

*Uses* :—There is a great doubt about the indentification of this drug in different parts of India. The root used in the Madras Presidency is very popular and is specially used in sore-throat and cough due to throat troubles. The root is rubbed with honey and licked slowly morning and evening.

It is specially reputed as Vataharam. Charaka mentions a pill made up of 1 part of Rasna, and  $1\frac{1}{4}$  part of Guggulu, to be given with ghee in Gradhrasi vata or Sciatica. Rasnadi Quathamams are many and contain among other drugs Rasna, Sunthi, Devadaru, Guduchi and Dasamoolams. The decoction of this compound powder is generally given with castor oil. It is recommended in hydro-

cele and hernia ("Mootra vriddim..... Vriddhim antrodbavan Jayet"-Saranga-dara). It is used in intestinal distension, in pulmonary troubles as well as for relief of nervous pain. It is therefore a very popular drug in Southern India.

#### 74. **Rasona.**

*Names* :—Latin      *Allium sativum*  
               Tamil      Vellaipoondur  
               Telugu    Vellulli  
               Canarese Bellulli  
               Malayal Vellulli  
               Urdu      Lasun

*Dose* :—Of the oil  $\frac{1}{2}$  to 2 minims.

Garlic 1 part, oil 8 parts, milk 32 parts. Boil till the oil remains.

Or, Garlic 1 part, oil 8 parts. Heat the oil and strain. Dose-3 to 10 minims of the oil with milk and sugar.

The swarasam of Lasuna is generally extracted by crushing bulbs along with bran and expressing through thick cloth. 1 to 3 minims with milk and sugar.

Garlic  $\frac{1}{2}$  to 1 tola. Milk 4 to 16 oz. Water double the quantity of milk. Boil down till the milk remains, filter, add honey or sugar and take every morning.

**Action:**—Internally, stimulant, diuretic in small doses, galactagogue, emmenagogue, intestinal antiseptic, expectorant, antimalarial, antifilarial, antitubercular, antispasmodic in asthma, anthelmintic, aphrodisiac and tonic in proper doses.

Externally, antiseptic, rubefacient, counter-irritant and blistering.

In large doses it is an irritant and produces flatulence, headache, nausea, vomiting, diarrhoea etc.

**Uses:**—Garlic is used in a variety of diseases specially as a stimulant in Vata diseases. It is a reputed home remedy and is popularly called the musk of the poor man.

Its action on the bronchial mucous membrane and as an antispasmodic in asthma, is marvellous in some cases. It is also used in consumption and in the early stages it acts as a specific. Milk boiled with Lasuna has been very much extolled as a tonic. It is the regulation of the dose that is the most difficult part in the administration of Lasuna. The same dose does not suit all constitutions and in some cases disagreeable symptoms are noted which necessitate withholding of the drug.



Charaka recommends its use in elephantiasis.

An external application of the oil is antiseptic and stimulant to the wounds. The swarasam of Lasuna is powerfully caustic and when introduced into sinuses, produce inflammation and powerful reaction resulting in a high temperature, some times upto 105°. In some cases the sinus is healed by one application. In ear-ache the oil is prepared alone with Hingu (Refer Hingutrigunataila) and dropped comfortably warm into the ear. As a poultice ground with Omam, turmeric and castor oil and boiled with water, it makes a nice application for relieving inflammation. As an external application in pneumonia and pleurisy it has produced excellent results sometimes cutting short the duration of the diseases. It is mixed with camphor and turmeric and rubbed all over the body when the limbs become cold due to collapse or in hysteria. It is a favourite of old physicians in the after-treatment of puerperal women. If properly used, Lasunam is one of the most useful drugs of the Ayurvedic Pharmacopoeia.

## 75. Revalchinni.

<i>Names:—</i> Latin	Garcinia morella
Tamil	Revalchinni
Telugu	Revalchinni
Canarese	Revalchinni
Malayal	Revalchinni
Urdu	Revalchinni

*Dose:—*3 to 10 grains of the powder to be given with honey or hot-water.

*Action:—*Purgative.

*Uses:—*This is a purgative generally given in pill or powder form. It has some griping sensation and it is therefore mixed with other carminatives. It is given to children with milk and Omam-water and is contained in our Rechana vati.

## 76. Saindava Lavanam.

<i>Names:—</i> English	Rock salt
Tamil	Induppu
Telugu	Saindava lavanam
Canarese	Induppu
Malayal	Induppu
Urdu	Senda namak

**Dose:**—10 to 30 grains as a digestive and 120 to 240 grains as an emetic.

**Action:**—(“ Vrishyam chakshushyam ruchyam deepanam thridoshaghnam pootam vrana vibandaghnam ”-Raja Nighantu. “ Mridu seeta veeryatwat pittaharam ”-Sushruta Sutra·Ch. 40).

Cooling when compared with Samudralavana, digestive, preservative and antiseptic.

**Uses:**—It enters the composition of medicines, used as a carminative and digestive.

Externally it is used as a lotion for washing bad ulcers.

## 77. Salmali.

<b>Names:</b> —Latin	Bombax malabaricum
Tamil	Ilavan
Telugu	Buruga
Canarese	Buruga
Malayal	Ilavu
Urdu	Kheekar

**Dose:**—5 to 15 grains of the gum resin powder to be taken with ghee and sugar or water and sugar or honey.

**Action:**—Demulcent, alterative, astringent and aphrodisiac.

*Uses*.—It is specially indicated in haemorrhage both internal and external. Powder applied to cut wound heals it by first intention. It gums the edges and brings them together as by suturing. It is therefore an excellent antiseptic powder for dressing wounds. Mixed with ghee or oil it makes an astringent antiseptic ointment specially more useful at the time of confinement of women. It is also given internally for stopping uterine haemorrhage. In dysentery and diarrhoea it is very popular. It is non-irritant and soothing astringent. Its advantage over opium is that it stops motion but not urine and it is not narcotic. It is said to be used to stop menses during lactation and also irregular flow of menses during inflammatory conditions. It is a chief ingredient in many restoratives. The flowers are indicated in the treatment of Pradara and enlargement of spleen (Bhava-prakash).

## 78. Sariba.

<i>Names</i> .—Latin	Hemidesmus indicus
Tamil	Nannari
Telugu	Sugandhipala
Canarese	Sugandhi
Malayal	Nannari
Urdu	Nannari, usba

**Dose:**—10 to 60 grains of the powder,

or  $\frac{1}{4}$  to  $\frac{1}{2}$  tola to be taken as a decoction or infusion prepared in the usual manner,

or 1 oz. infused in a pint of water, as a drink with sugar,

or as a syrup in dose of  $\frac{1}{2}$  to 2 oz. in a tumbler of water.

**Action:**—Refrigerant drink, valuable alterative, diaphoretic, diuretic, blood-purifier and tonic. Said to be aphrodisiac (Bhava-prakash).

**Uses:**—The powder is given with sugar and ghee in case of biliousness or chronic syphilis or gonorrhoea or heat or burning sensation of the urinary passages. For heat or destructive metabolism in children or delicate women and in epilepsy (Apasmara), it is taken for a long period with advantage (Charaka). It is one of the most reputed tonics and its use is specially appreciated in summer as a syrup.

In skin diseases and in leprosy, Sugandhi lehyam is a favourite remedy. As an external application for itch, eczema etc., it is much used with ghee as an ointment.

**79. Sarkara.**

<i>Names :—</i> Latin	(English) Sugar
Tamil	Shakkarai
Telugu	Shakkara
Canarese	Sakkare
Malayal	Panchasarai
Urdu	Shakkar

*Dose :—* $\frac{1}{2}$  to 1 tola with ghee,  
 or a cup of water spiced with Ela,  
 or combined with lehyams, syrups and asavas.

*Action :—*Refrigerant, aphrodisiac and tonic.

*Uses :—*In Ayurveda sweet substances are considered Brimhanam or strength-giving and sugar is the most important of such substances. It is also believed to reduce heat and is therefore given as an anupanam in all pitta diseases. A combination of ghee and sugar or milk and ghee or milk, ghee and sugar or milk, ghee, liquorice (Yashti), honey and sugar is considered Vrishyam or increasing sperm. Each by itself or in combination is very frequently used for the purpose. Other potent drugs such as Duralaba, Sigru, Ikshuraka, Satavari, Vidari etc., are also used along with sugar in many confections for the same purpose.

Externally a solution of sugar and water or sugar in powder is used as an antiseptic for cut wounds and injuries.

## 80. Satavari.

Names :—Latin	Asparagus racemosus
Tamil	Tannimuttan Kilangu
Telugu	Pillipeechara
Canarese	Halavumakkalathayiberu
Malayal	Satavari kilangu
Urdu	Satavar

**Dose** :—10 to 60 grains of the powder to be taken with ghee and sugar or with milk and sugar or with milk and honey.

or in combination with other aphrodisiac drugs as compound powders and lehyams,

or  $\frac{1}{4}$  to  $\frac{1}{2}$  oz. of Swarasam with sugar or ghee and sugar.

**Action** :—Refrigerant, galactagogue, aphrodisiac and nutritive tonic.

**Uses** :—It is one of the valuable nutritive tonics and for the above purpose it is used as a lehyam or medicated ghee. Given as a decoction with Gokshura it is used as a diuretic and soothing agent. In Raktatisara it is recommended to be taken with milk followed by a diet of milk (Charaka). Its

use is also indicated in *Apasmara*. Milk boiled with this drug is also used in *Rakta-pitta* or haemorrhage. It is specially indicated in discharge of blood from the urinary passages. It is used as a tonic in all wasting diseases such as consumption.

### 81. **Sunthi.**

<i>Names:—</i> Latin	<i>Zingiber officinale</i>
Tamil	Shukku
Telugu	Sonthe
Canarese	Sunthi
Malayal	Chukku
Urdu	Sont

*Dose:—*5 to 30 grains of the powder with hot water or salt and hot-water or mixed with Guda or made into a bolus with syrup.

or as an infusion or decoction.

or as a leham with other drugs (*Sowbhagya Sunthi*).

Raw ginger (*Ardraka*) also in a similar manner.

*Action:—*Internally, stimulant, digestive and carminative.

Externally, a rubefacient and anodyne.

Raw ginger—diuretic and cooling.



**Uses :—**It is used as a carminative and is very useful in the early stages of gastric disorders. In abdominal distention, it is of great value and may be combined with castor oil. In rheumatism it seems to have a specific action. Raw ginger seems to act more as a diuretic and the dry ginger more as a carminative. Raw ginger is believed to be cooling and the dry ginger heating. The juice of raw ginger and honey in a fairly big dose by itself causes motion and relieves tympanites. It also increases the quantity of urine. Ginger is a home remedy used in a variety of diseases with advantage, among which may be mentioned, colic, diarrhoea, flatulence, dyspepsia, loss of appetite, cough due to throat, bronchitis or asthma, heart disease, dropsy, cholera, nausea, bad taste in the mouth, fevers and nervous diseases. So much so, it enjoys the popular names of Visvabheshajam (universal medicine) and Mahoushadhi (the great drug).

Externally, it is used as a paste cold or hot for relieving pain, swelling, head-ache and tooth-ache. It is used as a counter-irritant by application into the conjunctiva (kalikam) and nose (Nasya) in solution with water, preferably along with com-

mon salt in order to relieve headache, heaviness in the head and brain symptoms in fevers, insanity and hysteria. In pain in calf muscles due to weakness or in fevers an external application of ginger with water as a thick hot paste acts as an instantaneous temporary remedy. So also in almost all kinds of pain. In inflammations of liver it is applied externally as a paste along with Navasaram (Ammonium chloride), and Devadaru mixed with water or cow's or goat's urine.

## 82. Suraksharam.

<i>Names:—</i> Latin	Pottassii nitras
Tamil	Vediuppu
Telugu	Surakaram
Canarese	Surakhara
Malayal	Vediuppu
Urdu	Shora

*Dose:—*5 to 15 grains.

*Action:—*Diuretic, diaphoretic, cooling in small doses and irritant in large doses.

Antispasmodic and combustive in Asthma.

**Uses:**—It is used in combination with other medicines for its diuretic properties. A pinch or two of the powder is given with lemon juice diluted with plenty of water, in certain stages of cholera, to excite the secretion of urine. It is used in the preparation of Sankadravakam. It is also used in the preparation of asthma cigars along with Vasa, Datura etc. A piece of blotting paper soaked in solution of Suraksharam and dried, is burnt and the fumes are inhaled by some for the relief of the fit of asthma.

### 83. Swarnamukhi.

<b>Names:</b> —Latin	Cassia senna
Tamil	Nilavarai
Telugu	Sunamukhi
Canarese	Sunnamakki
Malayal	Sunnamukhi
Urdu	Sana

**Dose:**— $\frac{1}{2}$  to 2 tolas as a decoction either alone or with other drugs,

As a leham or confection with Coriander, Aragwadha majjah, Kalkanda, Draksha, rose-water or rose-buds and honey and a little tamarind also, if desired.

As a syrup.

**Action :—**Purgative.

**Uses :—**It causes free purgation of semi-solid stools. Its chief disadvantage is nauseating taste. Its advantage is that it is one of the safest purgatives. The taste can be disguised to a great extent by the above confection. It makes the urine red and probably decreases the quantity also.

## 84. **Talisapatri.**

<b>Names :—</b> Latin	Abies webbiana
Tamil	Talisapatri
Telugu	Talisapatri
Canarese	Talisapatra
Malayal	Talisapatri
Urdu	Talisapatri, Zarunab

**Dose :—**5 to 15 grains of the powder with honey or as a compound with other cough remedies.

As a swarasam prepared with 8 times the quantity of water, with a little honey.

**Action:—**Antispasmodic, Carminative, aromatic, mild expectorant and blood-purifier.

**Uses:—**It contains an aroma which probably has some specific action in improving the tone of the lung tissue. It is specially recommen-

ded in chronic cough and consumption Talisadi churnam, of which it forms a very small part, is a favourite remedy for colds and coughs. It has an agreeable odour and is used to improve appetite and taste. It checks the vomiting sensation. Chakradutta recommends the powder to be taken with honey and Vasa swarasa in Raktapitta.

### 85. **Tankanam.**

<i>Names:—</i> English	Borax
Tamil	Vengaram
Telugu	Veligaramu
Canarese	Beligara
Malayal	Pongaram
Urdu	Suhaga

*Dose:—*5 to 30 grains.

*Action:—*Diuretic, urinary-antiseptic and astringent.

*Uses:—*This is not much used alone but in combination with other drugs. It is Mutravi-  
rajanam or purifier of urine by lessening the inflammation of the urinary passages. Internally, it is also used in fevers as in Anandabhairava Rasa and as intestinal antiseptic and astringent in dysentery.

Externally, it is used as an eye lotion and for washing wounds. It may also be used as cooling astringent lotion for swellings due to injury and as a mouth-wash or gargle in diseases of throat and tongue along with a little honey and water or along with honey and Yashtimadhu churnam for touching sore-throat.

## 86. Thilathailam.

<i>Names:—</i> Latin	Oleum sesami
Tamil	Nallennai
Telugu	Manchinune
Canarese	Ellenne
Malayal	Nallennai
Urdu	Meetathale

*Dose:—*Internally  $\frac{1}{4}$  to  $\frac{1}{2}$  oz. as nutritive in dietary or with milk at bed time as a mild laxative. In some children it is given mixed with equal parts of ghee and castor oil. It is considered to be Pitta Vardhakam and is prohibited in the dietary of patients suffering from excess of pitta.

*Action:—*Internally, nutritive and lubricant.

Externally, a soothing application.

*Uses*:—In India it is rarely used as a laxative though the British Pharmacopœia has approved it to be a substitute for Olive oil. Used alone internally as a medicine it is believed to increase Pitta and is therefore mixed with other drugs.

Externally, rubbed to the body, is a good cleaning agent.

It is used in the preparation of many medicated oils and ointments and is believed to carry the drugs into the tissues by its penetrability (Saratwam).

## 87. Thuttham.

<i>Names</i> :—Latin	Cupri sulphas
Tamil	Mailthuttham
Telugu	Mailthutthamu
Canarese	Mailthuttha
Malayal	Thuttham
Urdu	Mohurthuttha

*Dose*:— $\frac{1}{2}$  to 2 grains as an astringent.

5 to 10 grains as an emetic.

*Action*:—Internally in very small doses an expectorant and in large doses an emetic.

Externally, antiseptic and caustic.

*Uses*:—Externally a very dilute solution of it, 1 in 1000 or more is used for washing callous wounds. The crystal is used as a caustic for proud flesh of wounds and for touching granular lids. As Gurubasma, a compound powder with alum, it is much used by Siddha physicians as expectorants and emetics. It is said that some physicians use it in the treatment of leprosy. Burn a piece of coppersulphate in the fire, take the burnt crystal, and powder it into white ash. Put a pinch of the ash at the site of scorpion-bite and gently put on it a drop of water. A sharp burning sensation is felt which cures the pain of scorpion-bite. The powder should be prepared then and there or kept carefully in a stoppered bottle. A wick prepared by soaking it in copper-sulphate solution and dried, is useful in widening big sinuses.

## 88. Thwak.

<i>Names</i> :—Latin	Cinnamomum zeylanicum
Tamil	Lavangapattai
Telugu	Lavangapatta
Canarese	Lavangapatte
Malayal	Lavangapattai
Urdu	Dalcheeni



*Dose* :—5 to 30 grains with honey.

or as a swarasam with honey.

or as a compound powder.

*Action* :—Carminative, antispasmodic, aromatic, stimulant, astringent and germicide.

*Uses* :—It is given along with other drugs in flatulence, nausea, vomiting and diarrhoea and to check griping pain and bad taste caused by other medicines. Kept in the mouth it removes the foul smell of the mouth. It is specially useful in dysentery, preferably given as a swarasam with honey in the early stages or as a compound powder with other astringents such as nutmeg, Salmali, Babbula and Ahiphenā, the last with caution.

## 89. Trivrit.

<i>Names</i> :—Latin	Ipomea turpethum
Tamil	Sivadai
Telugu	Tegade
Canarese	Tegade
Malayal	Trikolpakkonna
Urdu	Thuruludh

**Dose** :—10 to 60 grains of the powder with a little sugar and water or ground with equal parts of Harithaki and Sunthi in water and given with honey,

or 20 to 30 grains with an ounce of castor oil,  
or as a lehyam with Draksha and spices.

**Action** :—In small doses laxative and in large doses purgative.

**Uses** :—This is the favourite purgative of Charaka (Trivrin moole virechane). It causes purgation without much gripping. It does not irritate the kidneys. In reasonable doses it is safe even in a pregnant woman. With a little honey or sugar it has pleasant taste. In dropsy either due to heart, kidney or liver disease it is very useful. The leaves of Trivrit, Sunthi and Palasa crushed and fried with a mixture of ghee and gingely oil or castor oil and given as a sakam prepared according to taste is recommended in Arsas along with curd (Dadhi). It is used in a variety of diseases, such as fevers, jaundice, piles, Raktapitta, Visarpa. Pitta-udara, Pitta-pandu Vata-sopaha, Gulma, consumption, Netra-roga and specially in Pitta diseaases. (For more information refer Vanouhshadhi guna darpanam page 338).

**90. Tuvaraka.**

Names :—Latin	Hydnocarpus wightiana
Tamil	Neeradimutthu
Telugu	Neerudu
Canarese	Sarvolu, Thuvaraka
Malayal	Maravetti
Urdu	Jangali Badam

**Dose :—**Internally 2 to 10 minims of the oil.

Externally as an ointment or oil.

**Action :—**Blood-purifier, Kushtaharam and tonic.

**Uses :—**The oil is regarded as a specific in leprosy. There is no doubt that in some cases it has produced marvellous results. There are yet some cases specially advanced in which the result is not distinctly seen. Strict diet restrictions given below are probably necessary. It should also be applied freely over the body during the course of the treatment. It is used to improve the state of the blood as in leprosy, pthisis, skin diseases etc. It is also used in scrofula, secondary syphilis, pthisis and rheumatism with stiff joints, both internally and externally. It may also be given in combination with neem oil which has a similar action.

It is said that the patient suffering from leprosy must have his body purified by Panchakarmas and should observe strict diet, free from oil and salt for five days and then rice with Mudgayusha or green gram water for fifteen days.

### 91. Useeram.

ies :—Latin	Andropogon muricatus
Tamil	Vilamichhamver
Telugu	Vattiveru
Canarese	Lavanha
Malayal	Ramachham
Urdu	Bala

*Dose* :—5 to 15 grains of the powder with sugar, or  $\frac{1}{2}$  to 1 tola as a decoction or infusion,  
 or  $\frac{1}{8}$  tola boiled with a cup of water and taken as a drink with milk and sugar,  
 or as a syrup,

or as an anupanam to other drugs.

*Action* :—Cooling, diaphoretic, diuretic, antispasmodic and emmenagogue.

*Uses* :—Along with other drugs it is given in thirst and burning sensation in fever, deranged menstruation, rheumatism, gout etc. It is of special use as an ingredient in

Shadangakashayam (Ref. pp. 80). It is used in the preparation of cooling hair oils, antiseptic soaps and bathing powders and pastes. It is useful for flavouring water and also for making doors and window-screens which when wetted in hot-weather cool the rooms. It is a cooling drug and as a seetakashaya with water it is very useful in relieving inflammation and burning sensation in the urinary tract.

## 92. Vacha,

Names:—Latin	Acorus calamus
Tamil	Vasambu
Telugu	Vasa
Canarese	Baje
Malayal	Vayambu
Urdu	Bach

*Dose*:—5 to 15 granins of the powder with honey.

*Action*:—Internally, bitter, aromatic, stimulant carminative, diuretic, astringent, anthelmintic mild laxative. aphrodisiac and tonic.

Externally parasiticide.

*Uses* :—There are two varieties of it and the white is preferred for use as tonic. It is usually combined with bitter tonics and aromatic and given in ague, habitual constipation, atonic dyspepsia, colic, flatulence and paralytic and nervous affections. It is very much recommended in epilepsy (Bhavaprakash). The burnt charcoal is given with honey in acidity and vomiting of children. It is also given in dysentery, diarrhoea, cough, and calculous affections. It is one of the many ingredients of aphrodisiac preparations.

Externally, it is used as a dusting powder for wounds. As an external application for swellings, it is ground with water into a paste along with equal parts of mustard and applied. It is recommended in inflammatory swellings.

### 93. **Vakuchi.**

<i>Names</i> :—	Latin	Psoralea corylifolia
	Tamil	Karbogarisi
	Telugu	Bavanchalu
	Canarese	Bavuchige
	Malayal	Karkolari
	Urdu	Bavancha, Bavchi

*Dose* :—10 to 30 grains of the powder.

*Action* :—Blood-purifier.

*Uses*:—Its special use is in leucoderma both internally and externally. The powder is used as a bathing powder in ointments and the oil extracted by Patalayantra is also used in ointments. It has been found specially useful in many cases of leucoderma along with Thuvaraka and Nilini, both internally and externally.

#### 94. **Vamsalochana.**

<i>Names</i> :—	Latin	(English) Bamboo manna
	Tamil	Moongiluppu
	Telugu	Veduruppu
	Canarese	Biduruppu
	Malayal	Mulankarpuram
	Urdu	Thabashir

*Dose* :—5 to 15 grains with honey or ghee and sugar.

*Action* :—Cooling, tissue-builder and tonic.

*Uses* :—It is used in cough, consumption, asthma and fever. In combination with other astringent medicines, it is given in chronic dysentery and internal haemorrhages. Its action seems to be due to the presence of

some organic salts which improve the quality of blood, elastic tissue and bone. It appears to have a soothing action in the urinary tract and also on the lung tissue. It is also given in seminal weakness and is considered as a substitute for Pravala and Mukta and is more cooling. It is one of the chief ingredients of Chyavanaprasa and Vasavaleham, the reputed tonics and expectorants and of Talisadi and Sitopaladi churnams, popular expectorants. 10 or 15 grains of the powder rubbed with a little honey and preserved Amalaki (Amalaki murraba) makes a simple and a very good combination in consumption or wasting diseases as a tonic. It is also used in chronic gonorrhoea and is one of the constituents of many aprodisiac preparations.

## 95. Vasa.

Names :—Latin	Adhatoda vasica
Tamil	Adathodai
Telugu	Addasaramu
Canarese	Adusoge
Malayal	Adalodakam
Urdu	Adathoda

*Dose* :— $\frac{1}{4}$  to  $\frac{1}{2}$  oz. of the swarasam with honey or a larger dose if emetic action is desired,



or as a decoction of the leaf or root given in dose of  $\frac{1}{2}$  to 2 oz. with or without honey.

**Action** :—Expectorant, antispasmodic, alterative, blood-purifier and tonic.

**Uses** :—It is a common remedy for cough. It is used as a decoction or syrup or as a leham with Harithaki, Pippali, Sunthi, sugar, honey etc., in all lung complaints (Refer Vasavaleha). Where the drug has to be preserved for a long time, Vasarishta may be used. In anæmia with hæmorrhages (Raktapitta) from any part of the body, it is known as a specific remedy. In all fever decoctions, specially when Kapha and Pitta are involved, Vasa is given in combination with other drugs. For immediate expectoration in children and spasmodic attack of asthma, a large use of fresh juice gives immediate relief which may be followed up by other preparations of this drug.

## 96. Vibeethakai.

<i>Names</i> —	Latin	Terminalia belerica
	Tamil	Tanikkai
	Telugu	Tanikaya
	Canarese	Shantheekaye
	Malayal	Thanikkai
	Urdu	Balla

*Dose* :—5 to 30 grains of the powder.

*Action* :—Astringent, anthelmintic, mild-laxative in large doses and tonic.

*Uses* :—It is one of the ingredients of Tripala and is used very much in combination. It is specially useful in throat troubles as a pigment with honey. By its astringent taste it is useful in dysentery and diarrhoea and other inflammatory affections of the stomach and intestines. The decoction mixed with honey is a very good antiseptic and astringent gargle in sore mouth and throat. As giving colour to the hair, it is used in hair oils and it gives black colour to them. It seems to be more soothing in action than Harithaki.

## 97. Vidangam.

<i>Names</i> :—Latin	Embelia ribes
Tamil	Vayvidangam
Telugu	Vayuvidangalu
Canarese	Vayuvidanga
Malayal	Vishalari
Urdu	Baybidang

**Dose:**— $\frac{1}{4}$  to 1 tola for single administration ground with water strained through cloth and taken with sugar, honey or castor oil.

5 to 15 grains for repeated administration either alone or in combination.

**Action:**—Carminative, anthelmintic and alterative.

**Uses:**—It enjoys a high repute as an anthelmintic and is given either alone or in combination with other drugs. It is given for a few days and then followed by castor oil or Trivrit. For round worms and thread worms, it may be combined with Palasabeejam, Krishna-jiraka etc., and for tape worm it is given along with a decoction of Dadima-moolathwak,  $\frac{1}{2}$  to 1 tola in each dose. The decoction is given every 4 hours or every morning till the head of the worm passes out in the stools. It is also given as an anupanam to other medicines. It is used both internally and externally in Krimikushta. As a Rasayana or tonic it is recommended by Sushruta. Mixed with Tila, the powder is recommended as a snuffing powder in Ardhvahedaka or partial headache.

**98. Vidari.**

Names:—Latin	<i>Ipomœa digitata</i>
Tamil	Nilappooshanikilangu
Telugu	Nelagummudu
Canarese	Nelagumbala
Malayal	Palmutakku
Urdu	Vilayikand

**Dose:**—10 to 60 grains of the powder with ghee and sugar or honey or milk and sugar or as a leham with other drugs.

**Action:**—Demulcent, alterative, nutritive, galactagogue, aphrodisiac and tonic.

**Uses:**—It is one of the most reputed tonics of the Ayurvedic Pharmacopœia and is given in all wasting diseases such as consumption, diabetes, sexual debility and surgical complications. Chakradutta says that Vidari when given with sura (wine) increases the secretion of milk in mothers. In children and invalids suffering from debility, a confection of this drug is very useful as a tissue-builder. In irritation of the urinary tract, with frequent micturition and high coloured urine, it has been of great use when given for a long period as a cooling tonic. It is one of the most important ingredients of aphrodisiac confections.

## 99. Yashtimadhu.

Names:—Latin	Glycyrrhiza glabra
Tamil	Athimadhuram
Telugu	Athimadhuramu
Canarese	Athimadhura, Jeshtamaddu
Malayal	Erattimadhuram
Urdu	Mitilakadi, Asailasoos

**Dose:**—5 to 30 grains of the powder with ghee and sugar, milk and ghee or honey. As a pill with cubebs, cloves and Guda or as a decoction.

**Action:**—Demulcent, expectorant, mild-laxative, aphrodisiac and tonic.

**Uses:**—This is a sweet stuff, increases the flow of saliva and acts as a soothing application to the throat. It stimulates the mucous membrane especially of the air passages where its action is more local than general. It is given in inflammatory conditions of the throat, catarrh, cough, hoarseness of voice, asthma and irritation of the larynx and of the urinary passages. It is a cooling drug and is given in fevers to relieve thirst and burning sensation. It is a mild laxative. Taken with milk it is a good tonic and aphrodisiac. It enters in combination of many aphrodisiac pills and lehams. The powder of the seeds of the plant given with

milk have been greatly extolled as powerfully aphrodisiac.

Externally, it is applied with ghee or honey for cuts and wounds.

## 100. **Yavakshara.**

*Names:*—Latin Pottassii carbonas  
 Tamil Yavaksharam  
 Telugu Yavaksharamu  
 Canarese Yavakshara  
 Malayal Yavaksharam, Chavarkaram  
 Urdu Yavakshar, Sajee

*Dose:*—5 to 15 grains of the powder with water.

*Action:*—Digestive, carminative, antacid and diuretic.

*Uses:*—It enters the composition of the compound pills and powder used for indigestion, colic, retention of urine etc. In difficult micturition and irritation of the urinary canal, it is given freely diluted with water. In fevers, given in dilution, it acts as a diuretic and reduces the temperature to a slight extent. It is predominantly a carbonate of potash and was used by Sushruta for cleaning surgical instruments and in the preparation of caustic potash.



**APPENDIX I.**  
**DRUGS**  
**and the important**  
**preparations in which**  
**they are contained.**

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**1. Ajamoda.**

Agnithundi Vati, Ajamodarka, Ardrakandava Leham, Chitrakadi Vati, Dadimashtaka Churnam, Hinguashtaka Churnam, Jeerakadyarishta, Kapithashtaka Churnam, Krimighna Churnam, Lohasava, Panchatikta guggulu Ghritam, Siva Modakam, Sukumara Ghritam, Yogaraja Guggulu.

**2. Akarakarabha.**

Akarakarabhadi Vati.  
Nagavallaba Rasa.



### 3. Amalaki.

Amalaki Rasayanam, Amrutamalaka Thailam, Asanabilvadi Thailam, Asoka Ghritam, Avipatikara Churnam, Bringamalaka Thailam, Chandanadi Snana Churnam, Chandanadi Thailam, Chandanasava, Chandrapraba Vati, Chayavanaprasa Leham, Dasamularishta, Devadarvadi Quatha Churnam, Drakshadi Leham, Gandaka Rasayanam, Gokshuradi Churnam, Gokshuradi Guggulu, Jateepaladi Churnam (Brihat), Jogini Rasa, Kalyana Ghritam, Kanchanara Guggulu, Khadirarishta. Manjish-tadi Quatha Churnam, Moorchita tila Thailam, Narikelanjanam, \* Navayasa Loham, Panchatikta guggulu Ghritam, Pippalyasava, Punarnavasa, Saribadi Panakam, Saribadyasava, Satavaryadi Leham, Sivamodakam, Thriphala Churnam, Thriphala Ghritam, Thriphala Guggulu, Thriphala Lepam, Vasakhanda-kushmanda Leham, Vatagajankusa Rasa, Yogaraja Guggulu.

### 4. Aphenam.

Akarakarabhadi Vati, Andavayu Lepa Churnam, Astaksharigutika, Karpuradi Vati (Compound), Simhasyadi Vati.

## 5. **Arujuna Thwak.**

Arjunarishta, Aswagandharishta, Danthadhavana Churnam, Kakubadi Churnam, Pushyanuga Churnam, Saribadyasava.

## 6. **Arka.**

Arkadikashayam, Arka Lavanam, Arkadi Thailam, Simhasyadi Vati, Vasadi Churnam.

## 7. **Asokathwak.**

Asokarishta, Asoka Ghritam, Asoka 'Rasa-kriya Vati, Asoka Vati, Asokadi Vati.

## 8. **Aswagandha.**

Asoka Ghritam, Aswagandarishta, Aswagandhadi Churnam, Aswagandhadi Leham, Balarishta, Chyavanaprasa Leham, Lakshathailam, Narayana Thailam, Saraswatarishta, Saribadyasava, Sivamodakam, Sukumara Ghritam, Yoga-  
raja Guggulu.

## 9. **Bala.**

Balaswagandhadi Thailam, Balarishta, Chyavanaprasa Leham, Kakubadi Churnam, Ksheerabala Thailam, Masha Thai-

lam, Narayana Thailam, Rasnadi Quatha Churnam, Rasnadi Thailam, Sivamodakam.

### 10. **Bhallathaka.**

Amirthabhallathaka Leham, Bhallathaka Vati, Panchatikta guggulu Ghritam.

### 11. **Bharngi.**

Bharngyadi Quatha Churnam, Chandanadi Thailam (Internal), Dasamularishta, Kanakasavam, Sivamodakam, Vasakush-  
manda Leham.

### 12. **Brahmi.**

Brahmi Ghritam, Brahmi Rasayanam, Saraswatarishta.

### 13. **Bringaraja.**

Asoka Ghritam, Bringamalaka Thailam, Bringarajasava, Bringaraja Thailam. Thyagaraja maricham

### 14. **Chandanam.**

Ardrakandava Leham, Akarakarabhadi Vati, Aswagandarishta, Bringamalaka

Thailam, Chandanasava, Chandanadi Churnam Chandanadi Snana Churnam, Chandanandi Vati, Devakusuma rasyanam, Drakshadi Churnam, Jateepaladi Churnam (Brihat), Karpuradi Churnam, Pippalyasava, Saribadi Panakam, Saribadyasava, Thambula Vati, Thriphala Guggulu, Useeradi Quatha Churnam.

### 15. Chitramoolam.

Agnithundi Vati, Ardrakandava Leham, Aswagandharishta, Chandanasava, Chandrapraba Vati, Chitrakadi Vati, Dasamularishta, Gavyasava Gudapippali (Brihat), Jateepaladi Churnam (Brihat), Kapithashtaka Churnam, Kiratarishta, Lohasava, Navayasaloham, Nisadi Churnam, Panchatika guggulu Ghritam, Pippalyasava, Sudarsana Churnam, Vaiswanara Churnam, Yogaraja Guggulu.

### 16. Dadima.

Bhaskaralavana Churnam, Dadimashtaka Churnam, Dadimadi Panakam, Kapithashtaka Churnam.

**17. Danthibeeja.**

Itchabedi Vati, Jalodarari Vati, Joginirasa Vati, Rechana Vati, Rechana Ghritam, Sarvajwarankusarasa Vati.

**18. Daruharidra.**

Asokarishta, Aswagandharishta, Chandanadi Snana Churnam, Chandanadi Thailam, Chandrapraba Vati, Kalyana Ghritam, Kasisadi Ghritam, Khadirarishta, Kunkumadi Thailam, Narikelanjanam, Neelinyadi Churnam, Pushyanuga Churnam, Rasothamadi lepa Churnam, Rasothamadi lepam, Sivamodakam, Thriphala Ghritam.

**19. Devadaru.**

Chandanasava, Chandrapraba Vati, Dasamularishta, Devadarvadi Quatha Churnam, Kalyana Ghritam, Khadirarishta, Manjishtadi Quatha Churnam, Mahachandanadi Thailam, Sudarsana Churnam, Suradarulepa Churnam, Yogaraja Guggulu.

**20. Dhanyakam.**

Abhayadi Quatha Churnam, Abhayarishta, Bhaskaralavana Churnam, Bilvadi

Leham, Chandrapraba Vati, Chitrakadi Vati, Dadimashtaka Churnam, Drakshadi Churnam, Guduchyadi Quatha Churnam, Kapithashtaka Churnam, Kushmanda Leham, Swarnamuki Panakam, Vireswara Vati, Yogaraja Guggulu.

## 21. Dhatura.

Dhatura Thailam, Dhaturadi Thailam, Jwarankusa Rasa, Lakshmivilasa Rasa, Panchavaktra Rasa, Vasadi Churnam.

## 22. Draksha.

Abhayarishta, Arjunarishta, Asoka Ghritam, Aswagandhadi Leham, Chandanasava, Chyavanaprasa Leham, Dasamularishta Drakshadi Churnam, Drakshadi Leham, Draksharishta, Kamala Panakam, Kanakasava, Kutajarishta, Pippalyasava, Punarnavasava, Pushyanuga Churnam, Saribadyasava, Sivamodakam, Swarnamukhi Panakam, Trivrit Leham.

## 23. Ela.

Amalaki Rasayanam, Aswagandhadi Leham, Aswagandharishta, Avipatikara

Churnam, Balarishta, Bhaskaralavana Churnam, Bilvadi Leham, Bringarajasavam, Chandanadi Churnam, Chathurjathaka Churnam, Chyavanaprasa Leham, Chandrapraba Vati, Dadimashtaka Churnam, Drakshadi Leham, Draksharishta, Eladi Churnam, Jateepaladi Churnam (Brihat), Jeerakadyarishta, Kalyana Ghritam, Kamalapanakam, Kanchanara Guggulu, Karpuradi Churnam, Karpuradyasaṁ, Khadirarishta, Kushmanda Leham, Maha Chandanadi Thailam, Pippalyasaṁ Saraswatarishta, Saribadyasaṁ, Sitopaladi Churnam, Sivamodakam, Talisadi Churnam, Trivrit Leham, Vasarishta, Vasava Leham, Yogaraja Guggulu.

## 24. Eranda Thailam.

Dhatri Thailam, Hingutriguna Thailam, Rasnadi Thailam, Sukumara Ghritam.

## 25. Gandhakam.

Agnithundi Vati, Balasooryodyam, Dwiguna sinduram, Ekagunasinduram, Gandhakadi Lepam, Gandhaka Rasayanam, Gandhaka Thailam. Itchabedi Vati, Jogini Rasa, Kasisadi Ghritam,

Kanthavallabha Rasa, Kasthurimatra,  
 Kravyada Rasa, Krimighna Churnam,  
 Loha Rasayanam, Mahajwarankusarasa,  
 Mehantaka Rasa, Mritunjaya Rasa,  
 Panchavaktrarasa, Poornachandrodaya  
 Makaradwaja, Rasagandhaka Kajjali,  
 Rasothamadi lepa Churnam, Rasotha-  
 madi Lepam, Rechana Vati, Sanka Vati,  
 Shadguna Sinduram, Siddamakaradwaja  
 Vati (Compound), Swarna Ghatitha  
 Shadguna Balijaritha Makaradwaja,  
 Swarnavangam, Vatagajankusarasa,  
 Vireswara Rasa.

## 26. Ghritam.

Amirtha Ballathaki Leham, Ardrakandava  
 Leham, Asoka Ghritam, Aswagandhadi  
 Leham, Bilvadi Leham, Brahmi Ghritam,  
 Chyavanaprasa Leham, D r a k s h a d i  
 Leham, Gandhakadi Lepam, Gairikadi  
 Lepam, Kalyana Ghritam, Kasisadi Ghri-  
 tam, Kushmanda Ghritam, Kushmanda  
 Leham, Panchatikta guggulu Ghritam,  
 Satadowtha Ghritam, Sukumara Ghritam,  
 Triphala Ghritam, Trivrit Leham.



## 27. Gokshura.

Abhayarishta, Balarishta, Chyavanaprasa  
Leham, Gokshuradi Churnam, Gokshu-  
radi Guggulu, Punarnavasava, Rasnadi  
Quatha Churnam, Rasnadi Thailam, Siva  
Modakam, Yogaraja Guggulu.

## 28. Guggulu.

Chandrapraba Vati, Gairikadi Lepam,  
Gokshuradi Guggulu, K a n c h a n a r a  
Guggulu, Kasisadi Ghritam, Panchatikta  
guggulu Ghritam, Pinda Thailam, Rasna  
Guggulu, Satadowtha Ghritam, Triphala  
Guggulu, Yogaraja Guggulu.

## 29. Guduchi.

Amirtharishta, Asoka Ghritam, Chanda-  
nadi Churnam (internal), Chyavanaprasa  
Leham, Dasamularishta, D r a k s h a d i  
Leham, Guduchyadi Quatha Churnam,  
Guduchi Thailam, Loha Rasayanam,  
Mehantaka Rasa, Panchatikta guggulu  
Ghritam, Panchatikta Quatha Churnam,  
Punarnavasava, Rasnadi Quatha Chur-  
nam, Rasnadi Thailam, Saraswatarishta,  
Saribadyasava, Sthanyasodaka Churnam,  
Sthanya Vardhaka Churnam, Sudarsana  
Churnam, Yogaraja Guggulu.

### 30. Harithaki.

Abhayarishta, Agitham Thailam, Agni-  
thundi Vati, Asokarishta, Aswagandha-  
rishta, Athimadthuradi Rasakriya Vati,  
Avipatikara Churnam, Ayaskantha  
Bhasma, Brahmi Ghritam, Bringaraja-  
sava, Bringaraja Thailam, Chandanadi  
Thailam, Chandrapraba Vati, Chandro-  
daya Varthi, Chyavanaprasa Leham,  
Dasamularishta, Devadarvadi Quatha  
Churnam, Gandhaka Rasayanam,  
Gokshuradi Churnam, Hemamakshika  
Bhasma, Itchabedi Vati, Kakubadi Chur-  
nam, Kanchanara Guggulu, Kasisad,  
Ghritam, Khadirarishta, Loha Bhasmai  
Lohasava, Manjishtadi Quatha Churnam,  
Navayasa Loham, Narikelanjanam,  
Panchatikta guggulu Ghritam, Punarna-  
vasava, Punarnavashtaka Churnam,  
Saraswatarishta, Saribadyasava, Siddana-  
garjuna Varthi, Sivamodakam, Sodita  
Guggulu, Sudarsana Churnam, Triphala  
Churnam, Thriphala Ghritam, Thriphala  
Lepam, Trivrit Leham, Vasava Leham,  
Vatagajankusarasa, Vireswararasa Vati,  
Yogaraja Guggulu.

### 31. Haridra.

Aswagandharishta, Brahmi Ghritam, Chandanasava, Chandanadi Snana Churnam, Chandrapraba Vati, Dasamularishta, Lakshadi Thailam, Kalyana Ghritam, Kasisadi Ghritam, Manjishtadi Quatha Churnam, Neelinyadi Churnam, Nisadi Churnam, Panchatikta guggulu Ghritam, Pippalyasava, Rasothamadi lepa Churnam, Sivamodakam, Sodita Rasa, Sudarsana Churnam.

### 32. Hingu.

Gudapippali (Brihat), Hinguashtaka Churnam, Hingutriguna Thailam, Mustakadi Vati, Pushyanuga Churnam, Rajapravartani Vati, Sanka Vati.

### 33. Hingulam.

Anandabhairava Rasa, Dwiguna Sinduram, Hingulotha Rasa, Hingulotha Rasa Sinduram, Mahajwarankusa Rasa, Phiranga Vati, Sannipata bhairava Rasa, Suryavarthi.

**34. Ikshuraka.**

Sthanyavardhaka Churnam, Veeryas-  
thambana Vati.

**35. Jatiphala.**

Akarakarabhadi Vati, Bringarajasava, Dasa-  
mularishta, Drakshadi Churnam, Jaree-  
paladi Churnam (Laghu), Jateepaladi  
Churnam (Brihat), Jeerakadyarishta,  
Karpuradi Churnam, Khadirarishtam,  
Nagavallabha Rasa, Siddamakaradwaja  
Pills (compound).

**36. Jatipatri.**

Amalaki Rasayanam.

**37. Jatamamsi.**

Chandanadi Churnam (Internal), Chitra-  
kadi Vati, Dasamularishta, Karpuradi  
Churnam, Kasisadi Ghritam, Siva-  
modakam.

**38. Jeerakam.**

Agnithundi Vati, Asokarishta, Asoka Ghri-  
tam, Aswagandhadi Churnam, Aswa-  
gandhadi L e h a m , Bhaskaralavana

Churnam, Bilvadi Leham, Bringamalaka Thailam, Bringaraja Thailam, Chitrakadi Vati, Dadimashtaka Churnam, Hinguashtaka Churnam, Jateepaladi Churnam (Laghu), Kapithashtaka Churnam, Kushmanda Leham, Panchatikta guggulu Ghritam, Rasothamadi Lepa Churnam, Rasothamadi Lepam, Yogaraja Guggulu.

### 39. **Kachoram.**

Chandanadi Snana Churnam, Chayavana-prasa Leham, Mahachandanadi Thailam, Ramabana Thailam, Saribadyasava, Vasarishta, Yogaraja Guggulu.

### 40. **Kantakari.**

Chyavanaprasa Leham, Kanakasava, Narayana Thailam, Punarnavasava, Pushyanuga Churnam, Sudarsana Churnam, Vasakantakari Panakam.

### 41. **Karpuram.**

Chandrakala Lepam, Chandanadi Snana Churnam, Chandrapraba Vati, Danthadhavana Churnam, Jateephaladi Churnam (Brihat), Karpuradi Churnam, Karpuradi

Lepam, Karpuradi Thailam, Karpuradi Vati, Karpuradyarishta, Mustakadi Vati, Narikelanjanam, Siddamakaradwaja Pills (Compound), Thuvaraka Lepam.

#### 42. **Kasisa.**

Kasisabhasma, Suraksharakasisa bhasma, Sankadravakam.

#### 43. **Kasthuri.**

Dasamularishtam, Kasthuri Matra, Siddamakaradwaja Pills (Compound), Vasantha Kusumakaram.

#### 44. **Katukarohini.**

Abhayadi Quatha Churnam, Bringamalaka Thailam, Gorochana Matra, Kasthuri Matra, Lakshadi Thailam, Manjishtadi Quatha Churnam, Panchatikta guggulu Ghritam, Panchatikta Panakam, Punarnavasava, Saribadyasava, Sthanya Sodaka Churnam, Sudarsana Churnam.

#### 45. **Khadira.**

Dantha dhavana Churnam, Dasamularishta, Khadirarishta, Mootrasangrahana Quatha Churnam.

**46. Kirata.**

Guduchyadi Quatha Churnam, Kiratarishta  
Panchatikta guggulu Ghritam, Sthanya-  
sodaka Churnam, Sudarsana Churnam.

**47. Krishnajeerkam.**

Aadrakandava Leham, Asoka Ghritam,  
Bhaskaralavana Churnam, Dasamula-  
rishta, Gudapippali (Brihat), Hingu-  
ashtaka Churnam, Jeerakadyarishtam,  
Kapithashtaka Churnam, Rasothamadi  
lepa Churnam, Sivamodakam, Yogaraja  
Guggulu.

**48. Kumari.**

Bringamalaka Thailam, Kanyasaradi Chur-  
nam, Loha Rasayanam, Rajapravartani  
Vati.

**49. Kushtam.**

Ardrakandava Leham, Brahmi Ghritam,  
Bringamalaka Thailam, Chandanadi  
Thailam, Chandrodoya Varthi, Dasa-  
mularishta, Guda Pippali (Brihat),

Chyavanaprasa Leham, Kakubadi Churnam, Kalyana Ghritam, Kasisadi Ghritam, Lakshadi Thailam, Panchatikta guggulu Ghritam, Pippalyasava, Saraswatarishta, Saribadyasava, Yogaraja Guggulu.

### 50. **Kurasaniyamani.**

Saribadyasava, Sudarsana Churnam.

### 51. **Kutajathwak.**

Abhayadi Quatha Churnam, Chandanadi Churnam (Internal), Gangadara Churnam, Guduchyadi Quatha Churnam, Kutajarishta, Kutajapanitam, Panchatikta guggulu Ghritam, Pushyanuga Churnam, Sudarsana Churnam.

### 52. **Laksha.**

Kunkumadi Thailam, Lakshadi Churnam, Lakshadi Thailam.

### 53. **Lankesa.**

Athimadhuradi Rasakriya Vati, Chandanadi Vati, Chandanasava, Gokshuradi Churnam, Siddamakaradwaja Pills (Compound), Sivamodakam.



**54. Lavangam.**

Akarakarabhadi Vati, Aswagandharishta, Avipatikara Churnam, Balarishta, Bala sooryodaya Varthi, Bringamalaka Thailam, Chandanandi Thailam (Internal), Danthadhavana Churnam, Dasamularishta, Devakusumarasayanam, Drakshadi Leham, Eladi Churnam, Jateephalaadi Churnam (Laghu), Jateephalaadi Churnam (Brihat), Jeerakadyarishta, Kanchanara guggulu, Karpuradi Churnam, Karpuradi Lepam, Khadirarishta, Pippalyasava, Ratnapurusha Leham, Saraswatarishta, Siddamakaradwaja Pills (Compound), Sivamodakam, Sudarsana Churnam, Sooryavarthi, Yogaraja Guggulu.

**55. Lodhra.**

Chandanadi Churnam (Internal), Dasamularishta, Gangadara Churnam, Kasisadi Ghritam, Moorchita tila Thailam, Pippalyasava, Pushyanuga Churnam, Saribadyasava.

**56. Madhu.**

Aswagandhadi leham, Aswagandharishta, Bilvadi leham, Chandanasava, Chyavana-

prasa leham, Dasamularishta, Gairikadi leham, Kanakasava, Khadirarishta, Kiratarishta, Kushmanda leham, Lohasava, Narikelanjanam, Saraswatarishtam, Trivirt leham, Vasavaleham.

### 57. Madhusnuhi.

Aswagandhadi Churnam, Aswagandhadi leham.

### 58. Maduchishta.

Gairikadi leham, Karpuradi leham, Maduchistadi leham, Pinda Thailam, Rasothamadi leham, Thriphala leham, Thuvaraka leham.

### 59. Manjishta.

Aswagandharishta, Chandanadi Churnam, Chandanadi Thailam, Dasamularishta, Draksharishta, Kalyana Ghritam, Kasisadi Ghritam, Kunkumadi Thailam, Manjishtadi quatha Churnam, Moorchita tila thailam, Panchatikta guggulu Ghritam, Pinda Thailam.

### 60. Maricham.

Anandabhairava Rasa, Aswagandharishta, Avipatikara Churnam, Balasooryodaya Varthi, Bhaskaralavana Churnam,

Bilvadi Leham, Chandrapraba Vati, Chandrodaya Varthi, Chitrakadi Vati, Dadimashtaka Churnam, Danthadhavana Churnam, Draksharishta, Gandaka Rasayanam, Gokshuradi Churnam, Gorochana Vati, Gudamaricham, Gudapippali (Brihat), Hinguashtaka Churnam, Itchabedi Vati, Jateepdaladi Churnam (Brihat), Kanchanara Guggulu, Kapitharishta, Karpuradi Thailam, Karpuradyasava, Kasisadi Ghritam, Kasthuri Matra, Kushmanda Leham, Lohasava, Mritunjayarasa Vati, Navaya-saloham, Panchatikta guggulu Ghritam, Pippalyasava, Punarnavasava, Pushyanuga Churnam, Rasothamadi lepa Churnam, Rasothamadi Lepam, Ratnapurusha Leham, Rechana Vati, Sankha Vati, Seetamsu Rasa, Seetamsu Rasa (Compound), Sudarsana Churnam, Talisadi Churnam, Triphala Ghritam, Vasakushmanda leham.

## 61. Musta.

Abhyadi Quatha Churnam, Asokarishta, Aswagandharishta, Bilvadi Leham, Bringamalaka Thailam, Chandanadi Churnam, Chandanadi Snana Churnam,

Chandrapraba Vati, Chyavanaprasa  
 Leham, Danthadhavana Churnam,  
 Dasamularishta, Drakshadi Churnam,  
 Eladi Churnam, Gangadara Churnam,  
 Gokshuradi Churnam, Guduchyadi  
 Quatha Churnam, Jeerakadyarishta,  
 Karpuradi Vati, Karpuradyasava, Kasi-  
 sadi Ghritam, Moorchitaitila Thailam,  
 Mustakadi Vati, Navayasaloham,  
 Pippalyasava, Pushyanuga Churnam,  
 Saribadyasava, Sthanyasodaka Churnam,  
 Sudarsana Churnam, Useeradi Quatha  
 Churnam, Vasarishta, Vasakushmanda  
 Leham, Yogaraja Guggulu.

## 62. Nagakesaram.

Amalaki Rasayanam, Aswagandharishta,  
 Bhaskaralavana Churnam, Bilavadi  
 Leham, Bringamalaka Thailam, Chanda-  
 nadi Churnam (Internal), Chathur-  
 jathaka Churnam, Chyavanaprasa Leham,  
 Dadimashtaka Churnam, Dasamularishta,  
 Eladi Churnam, Gokshuradi Churnam,  
 Jateephaladi Churnam (Brihat), Jeera-  
 kadyarishta, Kalyana Ghritam, Kanaka-  
 sava, Kapithashtaka Churnam, Karpuradi  
 Churnam, Khadirarishta, Pippalyasava,  
 Sivamodakam, Vasarishta, Vasava  
 Leham.

**63. Navasaram.**

Sankadravakam, Suradaru Iepa Churnam,  
Swarnavangam.

**64. Nimba.**

Manjishtadi Quatha Churnam, Nimbadi  
Thailam, Panchatikta guggulu Ghritam,  
Panchatikta Panakam, Panchatikta Qua-  
tha Churnam, Punarnavashtaka Chur-  
nam, Punarnavasa, Sudarsana Churnam.

**65. Nirgundi.**

Arkadi Thailam, Nirgundi Thailam

**66. Parpatakam.**

Guduchyadi Quatha Churnam, Panchatikta  
Quatha Churnam, Useeradi Quatha  
Churnam.

**67. Patola.**

Panchatika guggulu Ghritam, Panchatikta  
Panakam, Panchatikta Quatha Churnam,  
Punarnavashtaka Churnam.

**68. Patrakam.**

Amalaki Rasayanam, Ardrakandava Leham-  
Avipatikara Churnam, Bhaskaralavana  
Churnam, Bringamalaka Thailam, Bringa,  
rajasavam, Chandanadi Thailam,

Chandrapraba Vati, Chathurjathaka, Churnam, Chyavanaprasa Leham, Dadimashtaka Churnam, Dasamularishta, Draksharishta, Jateephaladi Churnam (Brihat), Jeerakadyarishta, Kanchanara Guggulu, Kapithashtaka Churnam, Khadirarishta, Pippalyasava, Ratnapurusha Leham, Saribadyasava, Vasakushmanda Laham, Vasarishta, Vasava Leham.

## 69. Pippali.

Akarakarabhadi Vati, Amalaki Rasayanam, Anandabhairava Rasa, Ardrakandava Leham, Athimadhuradi Rasakriya Vati, Avipatikara Churnam, Bhaskaralavana Churnam, Bilvadi Leham, Brahmi Ghritam, Bringarajasava, Chandrapraba Vati, Chandrodaya Varthi, Chitrakadi Vati, Chyavanaprasa Leham, Dadimashtaka Churnam, Dasamularishta, Drakshadi Leham, Draksharishta, Eladi Churnam, Gavyasava, Gokshuradi Guggulu, Gorochana Vati, Gudapippali (Brihat), Hingushtaka Churnam, Jateephaladi Churnam (Brihat), Jwarankusa Rasa, Kakubadi Churnam, Kanakasava, Kanchanara Guggulu, Kapithashtaka Churnam,

Karpuradi Churnam, Kasthuri Matra Khadirarishta, Kiratarishta, Kushmanda Leham, Lohasava, Mritunjaya Rasa, Mustakadi Vati, Nagavallabha Rasa, Navayasa Loham, Nisadi Churnam, Panchatikta guggulu Ghritam, Pippalya, sava, Punarnavasa, Saraswatarishta, Seetamsu Rasa, Seetamsurasa (Compound), Siddanagarjuna Varti, Sitopaladi, Churnam, Sivamodakam, Sundarsana Churnam, Sukumara Ghritam, Talisadi Churnam, Thriphala Ghritam, Vasava Leham, Vatagajankusa Rasa.

#### **70. Pippali Moolam.**

Aragwadadi Vati, Bhaskaralavana Churnam, Chandrapraba Vati, Chitrakadi Vati, Dadimashtaka Churnam, Gudapippali (Brihat), Kapithashtaka Churnam, Kiratarishta, Panchatikta guggulu Ghritam, Sudarsana Churnam, Sukumara Ghritam, Yogaraja Guggulu.

#### **71. Punarnava.**

Balarishta, Chyavanaprasa Leham, Dasamularishta, Punarnavashtaka Churnam, Punarnavasava, Punarnamanduram, Sukumara Ghritam, Thriphala Ghritam, Vidaryadi Quatha Churnam.

**72. Raktachandanam.**

Abhayadi Quatha Churnam, Asokarishta, Aswagandharishta, Chandanasava, Chyavanaprasa Leham, Eladi Churnam, Guduchayadi Quatha Churnam, Kalyana Ghritam, Kasisadi Ghritam, Kunkumadi Thailam, Lakshadi Thailam, Pushyanuga Churnam, Saribadyasava, Sivamodakam.

**73. Rasona.**

Karpuradi Thailam, Hingutriguna Thailam.

**74. Rasna.**

Athimadhuradirasakriya Vati, Aswagandharishta, Balarishta, Chandanadi Thailam, Dasamularishta, Kakubadi Churnam, Laksha Thailam, Moorchita tila Thailam, Masha Thailam, Rasnadi Quatha Churnam, Rasnadi Thailam, Rasna Guggulu, Sthanya Sodaka Churnam.

**75. Revalchinni.**

Gokshuradi Churnam, Kasthuri Matra, Rechana Vati.

**76. Saindava Lavanam.**

Agnithundirasa Vati, Bhaskaralavana Churnam, Brahmi Ghritam, Chitrakadi



Vati, Gudapippali (Brihat), Hingu-  
ashtaka Churnam, Hingutriguna Thai-  
lam, Masha Thailam, Narikelanjanam,  
Sukumara Ghritam, Thriphala Ghritam,  
Yogaraja Guggulu.

### 77. Salmali.

Abhayarishta, Chandanadi Churnam  
(Internal), Gangadara Churnam, Pushya-  
nuga Churnam, Salmali Churnam.

### 78. Sariba.

Aswagandhadi Churnam, Aswagandhadi,  
Leham, Chandanasava, Kalyana Ghri-  
tam, Kasisadi Ghritam, Pinda Thailam,  
Pushyanuga Churnam, Saribadi  
Panakam, Saribadyasava, Sivamodakam.

### 79. Sarkara.

Akarakarabhadi Vati, Amalakirasayanam,  
Amirthabhallathaka Leham, Aravinda  
Panakam, Asoka Ghritam, Aswagand-  
hadi Leham, Bilvadi Panakam, Brahmi  
Ghritam, Brahmi Rasayanam, Chanda-  
nadi Churnam (Internal), Chandanasava,  
Chyavanaprasa Leham, Dadimadi  
Panakam, Danthadhavana Churnam,  
Drakshadi Leham, Jambeeradi Panakam,

Kanakasava, Karpuradi Churnam, Khadirarishta, Kushmanda Leham, Kushmanda Panakam, Madipala Rasayanam, Panchatikta Panakam Saraswatarishta, Saribadi Panakam, Sitopaladi Churnam, Sivamodakam, Swarnamukhi Panakam, Talisadi Churnam, Trivirt Leham, Triphala Ghritam, Useeradi Panakam, Vasa Panakam, Vasakantakari Panakam, Vasava Leham.

### 80. Satavari.

Asoka Ghritam, Balarishta, Chandanasava, Chyavanaprasa Leham, Saraswatarishta, Sivamodakam, Sudarsana Churnam, Sukumara Ghritam, Triphala Ghritam.

### 81. Sunthi.

Abhayarishta, Akarakarabhadi Vati, Anandabhairava Rasa, Ardrakandava Leham, Asokarishta, Bhaskaralavana Churnam, Chitrakadi Vati, Dadimash-taka Churnam, Danthadhavana Churnam, Gokshuradi Guggulu, Gudapippali (Brihat) Hinguashtaka Churnam, Itchabedi Vati, Jateepaladi Churnam (Brihat), Jeerakadyarishtam, Kakubhadi Chur-

nam, Kanakasava Kanchanara Guggulu, Karpuradi Churnam, Kushmanda Leham, Lohasava, Panchatikta guggulu Ghritam, Pippalyasava, Pushyanuga Churnam, Sankha Vati, Seetamsu Rasa, Seetamsu Rasa (Compound), Sivamodakam, Sthanya sodaka Churnam, Sudarsana Churnam, Sukumara Ghritam, Swarnamukhi Panakam, Talisadi Churnam, Triphala Ghritam, Trivrit Leham, Useeradi Quatha Churnam, Vasarishta, Vatagajankusa Rasa.

## **82. Suraksharam.**

Ajamodarkam, Gokshuradi Churnam, Sankadravakam.

## **83. Swarnamukhi.**

Dhanyakadi Leham, Saribadyasava, Swarnamukhi Churnam, Swarnamukhi Panakam.

## **84. Tankanam.**

Agnithundi Rasa Vati, Anandabhairava Rasa, Gokshuradi Churnam, Gudapippali (Brihat), Jateepaladi Churnam (laghu), Rajapravartani Vati, Sannipatabhairava Rasa.

**85. Talisapatri.**

Bhaskaralavana Churnam, Kalyana Ghritam, Kanakasava, Talisadi Churnam, Yogaraja Guggulu.

**86. Tila Thailam.**

Arkadi Thailam, Bringamalaka Thailam, Bringaraja Thailam, Chandanadi Thailam, Chyavanaprasa Leham, Dhatura Thailam, Dhaturadi Thailam, Karpuradi Lepam, Karpuradi Thailam, Ksheerabala Thailam, Kuberaksha Thailam, Kunkumadi Thailam, Laksha Thailam, Maduchishtadi Lepam, Mashsha Thailam, Moorchita tila Thailam, Narayana Thailam, Pinda Thailam, Rasothamadi Lepam, Thriphala Lepam, Thuvaraka Lepam.

**87. Thuttham.**

Tuttha Bhasma, Tuttha Dravakam, Siddanagarjuna Varti.

**88. Thwak.**

Bhaskaralavana Churnam, Bringarajasava, Chathurjathaka Churnam, Chyavanaprasa Leham, Dadimashtaka Churnam

Danthadhavana Churnam, Draksharishta, Jateephaladi Churnam (Brihat) Jeerakadyarishta Karpuradi Churnam, Khadirarishta, Kushmanda Leham, Pippalyasava, Saraswatarishta, Sitopaladi Churnam, Sivamodakam, Talisadi Churnam, Vasarishta, Vasavaleham, Yogaraja Guggulu.

### 89. Trivrit.

Abhayarishta, Aswagandharishta, Avipatikara Churnam, Brahmi Ghritam, Chandanasava, Saraswatarishta, Trivrit Churnam, Trivrit Leham.

### 90. Thuvaraka.

Avalgujadi Lepam, Thuvaraka Lepam, Thuvaraka Thailam.

### 91. Useeram.

Balarishta, Bringamalaka Thailam, Chandanadi Churnam (Internal) Chandanadi Snana Churnam, Chandanadi Thailam, Guduchyadi Quatha Churnam, Karpuradi Churnam, Kunkumadi Thailam, Moorchita tila Thailam, Pippalyasava, Saribadi Panakam, Saribadyasava, Sthanyavardhaka Churnam, Sudar-

sana Churnam, Useeradi Quatha Churnam, Yogaraja Guggulu.

## 92. **Vacha.**

Aswagandharishta, Brahmi Ghritam, Chandrodaya Varthi, Kasisadi Ghritam, Manjishtadi Quatha Churnam, Panchatikta, guggulu Ghritam, Saraswatarishta, Sudarsana Churnam, Thuvavaka Lepam.

## 93. **Vakuchi.**

Avalgujadi Lepam. Neelinyadi Churnam, Thuvavaka Lepam.

## 94. **Vamsalochana.**

Asoka Ghritam, Bilvadi Leham, Chandrapraba Vati, Chyavanaprasa Leham-Dadimashtaka Churnam, Jateepaladi, Churnam (Brihat), Karpuradi Churnam, Sitopaladi Churnam, Talisadi Churnam, Vasavaleham.

## 95. **Vasa.**

Abhayadi Quatha Churnam, Asokarishta, Chandanasava, Chyavanaprasa Leham-Devadarvadi Quatha Churnam, Punarnavasava. Simhasyadi Vati, Vasadi, Duma Churnam, Vasava, Leham, Vasakantakari-lehyam.

### 96. Vibeethaki.

Agnithundirasa Vati, Asokarishta, Avipatikara Churnam, Chandanadi Thailam, Chandrapraba Vati, Chandrodaya Varthi, Dasamularishta, Gokshuradi Guggulu, Kalyana Ghritam, Kanchanara Guggulu, Lohasava, Manjishtadi Quatha Churnam, Moorchita tila Thailam, Narikelanjanam, Navayasa Loham, Panchatikta guggulu Ghritam, Punarnavasava, Saraswatishta, Siddanagarjuna Varthi, Triphala Churnam, Triphala Ghritam, Triphala Lepam, Yogaraja Guggulu.

### 97. Vidangam.

Agnithundirasa Vati, Avipatikara Churnam, Brahmi Ghritam, Chandrapraba Vati, Dasamularishta, Draksharishta, Gudapipali (Brihat), Jateephala Churnam (Brihat), Kalyana Ghritam, Lohasava, Nisadi Churnam, Panchatikta Guggulu, Ghritam, Pippalyasava, Yogaraja Guggulu.

### 98. Vidari.

Amalaki Rasayanam Aswagandhadi, Churnam, Aswagandhadi Leham, Aswa-

gandharishta, Chyavanaprasa Leham,  
Saraswatarishta, Sivamodakam.

### 99. **Yashtimadhu.**

Aswagandharishta, Athimadhuradi Rasa-  
kriya Vati, Bringamalaka Thailam, Chan-  
danadi Vati, Dasamularishta, Kanakasava,  
Kasisadi Ghritam, Kunkumadi Thailam,  
Laksha Thailam, Masha Thailam, Nari-  
kelanjanam, Pushayanuga Churnam,  
Rasnadi Quatha Thailam, Siddanagarjuna  
Varthi, Sudarsana Churnam, Sukumara  
Ghritam.

### 100 **Yavakshara.**

Agnithundirasa Vati, Chandandi Vati,  
Chandrapraba Vati, Gokshuradi Chur-  
nam Gudapippali (Brihat), Panchatikta  
guggulu Ghritam, Yogaraja Guggulu.







## **Appendix II.**

### **Definitions of Agents Of Definite Operations,**

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#### **1. Abortifacients.**

Drugs or agents causing the expulsion of the foetus.

#### **2. Absorbents.**

Drugs or medicines that produce absorption or exudation of diseased tissue.

#### **3. Alteratives.**

Certain remedies that alter the course of morbid conditions in some way not yet understood, perhaps by promoting Metabolism.

#### **4. Anaphrodisiacs.**

Medicines used to allay sexual feeling.

#### **5. Anæsthetics.**

Medicines used to produce anæsthesia or unconsciousness.

**6. Anodynes.**

Medicines used to allay pain.

**7. Antacids.**

Antacids or alkalies are given to correct excessive acidity in the stomach that may be due to secretion of too abundant or too strongly acid a juice, as in acute dyspepsia, or to the decomposition of food from impaired digestion.

**8. Anthelmintics.**

Agents that destroy (vermicides) or cause the expulsion (vermifuges) of intestinal worms.

**9. Antiemetics.**

Medicines which check vomiting.

**10. Antigalactagogues.**

Medicines that diminish lacteal secretion.

**11. Anhydrotics.**

Measures which diminish the amount of perspiration are called anhydrotics

**12. Antilithics.**

Medicines used for the relief of calculous affections.

**13. Antiperiodics.**

Medicines used for the relief of malarial fevers.

**14. Antiphlogistics.**

Measures and medicines that are regarded as having some specific action in reducing or in preventing the progress of inflammatory process.

**15. Antipyretics.**

Medicines used for the reduction of bodily temperature in fevers.

**16. Antiseptics.**

Medicines which arrest or prevent putrefaction.

**17. Antispasmodics**

Medicines used for the relief of nervous irritability and minor spasms.

**18. Aphrodisiacs.**

Drugs that increase the sexual desire and power.

**19. Aromatics.**

Substances characterized by fragrant spicy taste or odour.

**20. Astringents.**

Agents that produce contraction of muscular fibre and condensation of other tissues.

**21. Carminatives.**

Medicines which aid the expulsion of gas from the alimentary canal.

**22. Caustics.**

Caustics or Escharotics are substances that disorganize or destroy living tissue.

**23. Cholagogues.**

Those agents that stimulate the flow of bile and produce free purgation at the same time.

**24. Demulcents.**

Medicines which soothe and protect the parts to which they are applied.

**25. Deodorants.**

Substances which destroy or hide foul odours.

**26. Depressants.**

Depressants or sedatives are medicines which lower functional activity.

**27. Diaphoretics.**

Medicines that increase the action of the skin and promote the secretion of the sweat glands.

**28. Disinfectants.**

Substances which have the power of destroying disease germs.

**29. Diuretics.**

Medicines which increase the secretion of urine.

**30. Ecbolics.**

Medicines which produce abortion.

**31. Emmenagogues.**

Remedies that restore the menstrual function.

**32. Expectorants.**

Medicines which act up on the pulmonic membrane and increase or alter its secretions.

**33. Galactagogues.**

Medicines that increase the lacteal secretion.

**34. Hæmatinics.**

Substances which either directly or improve the quantity and quality of the hæmoglobin are known as hæmatinics.

**35. Hæmostatics of Styptics.**

Medicines which arrest hæmorrhage.

**36. Hypnotics.**

Medicines which cause sleep.

**37. Irritants and counter-irritants.**

These are certain substances employed to produce irritation artificially in some part of the body with the view of diminishing, counteracting or removing irritation or inflammation in some neighbouring part.

**38. Laxatives.**

Mild purgatives.

**39. Mydriatics.**

Medicines which cause dilatation of the pupil.

**40. Myotics.**

Medicines which cause contraction of the pupils.

**41. Nutrients.**

Substances which nourish.

**42. Parasiticides.**

These are medicines which destroy parasites.

**43. Purgatives.**

Agents that increase or hasten intestinal evacuation.

**44. Refrigerants.**

Medicines which diminish heat and quench thirst.

**45. Rubefacients.**

Medicines which cause irritation and redness.



**46. Sialagogues.**

Medicines which excite the salivary glands to secretion.

**47. Stimulants.**

Medicines which increase functional activity.

**48. Stomachics.**

Stimulants to the stomach.

**49. Tonics.**

Medicines which permanently increase the systemic tone by stimulating nutrition.

**50. Vermicides and vermifuges.**

The former kill the intestinal worms and the latter expel them.

**51. Vesicants.**

Medicines which produce vesicles.



APPENDIX III.

# DISEASES

and the drugs that are  
useful in them.

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1. **Abortion.**

Chitramoolam, *Ergot*, Hingu, *Karpasamula*  
*Thwak*, Krishna Jeerakam, Kumari.

2. **Abscess.**

Dhatura, See Antiphlogistics.

3. **Alteratives.**

Gokshura, Guduchi, Guggulu, Kushtam,  
Madhusnuhi, Nimba, Nirgundi, Pipp-  
li, Salmali, Sariba, Vasa, Vidangam,  
Vidari. See Tonics.

4. **Amavata.**

See Rheumatism.

**5. Anæmia.**

Kasisa, Draksha, Hingulam, Laksha,  
*Parada* (Mercury), *Talakam*, *Vasa*.

**6. Anæsthetics.**

*Datura*, *Karpuram*, *Lavanga*, *Vatsanabhi*,  
*Vijaya*.

**7. Anasarca.**

*Arka*, *Punarnava*, See *Dropsy*.

**8. Anorexia.**

*Ela*, *Jeerakam*, *Sunthi*, *Thwak*, See  
*Carminatives*.

**9. Anodyne.**

*Ahiphenam*, *Bhallathaka*, *Dhatura*, *Kurasani Yamani*, *Sunthi*, *Vatsanabhi*.

**10. Antacid.**

*Apamarga Ksharam*, *Churnodokam*, *Kadali Ksharam*, *Sarjaksharam*, *Yavakshara*.

**11. Anthelmintics.**

*Ajamoda*, *Bhallathaka*, *Dadima*, *Haridra*,  
*Hingu*, *Kirmani*, *Krishna Jeerakam*,  
*Kurasaniyamani*, *Maricham*, *Nimba*,  
*Palasabeeja*, *Pippalimoolam*, *Rasona*,  
*Vacha*, *Vibeethaki*, *Vidangam*.

**12. Antimalarial.**

Arka, *Bhoodatri*, Bringaraja, Daruharidra, Katukarohini, Kirata, Maricha, Nirgundi, Rasona.

**13. Antiparasitics.**

Ajamoda, Arka, Dadima, *Dhatura*, Gandhakam, *Kirmani*, Maricham, *Vacha*, See Vermicides.

**14. Antiperiodics.**

Guduchi, Hingulam, Katukarohini, Kirata, Kutaja, Maricham, Nimba, Nirgundi, Patola, *Quinine*, Raktachandanam.

**15. Antiphlogistics.**

Chandanam, *Dhatura*, Daruharidra, Kumari, Pacchakarapuram, See Inflammation.

**16. Antipyretics.**

*Bhoodatri*, Hingulam, Kirata, *Kuberaksha*, *Manosila*, Maricham, Nimba, Nirgundi, *Quinine*, Raktachandanam, *Talakam*. *Vatsanabhi*.

**17. Antiseptics.**

Ajamoda, Chandanam, Daruharidra, Ghritam. Harithaki, Haridra, Hingu,

Kochoram, Karpuram, Khadira, Krishna jeerakam, Kumari, Lankesam, Lavangam, Madhu, Madhuchishta, Manjishta, Nimbu, Rasona, Saindava Lavanam, Salmali Sarkara, Thuttham. Usceram, Vibeethaki.

### 18. Antispasmodics.

Ajamoda, Aphenam, Arka, Bharngi, Dhatura, Guggulu, Hingu, Jatamamsi, Karpuram, Kasthuri, Kurasaniyamani, Kushtam, Lavangam, Rasna, Rasona, Surakshara, Talisapatri, Thwak, Useeram, Vasa, Vatsanabhi, Vijaya.

### 19. Antisyphilitics.

*Adutinnapalai* (Gudidagadapaku), Arka, Bhallathaka, Devadaru, Guggulu. Guduchi, Hingulam, Khadira, Madhusnuhi, Maricham. *Parada* (Mercury) Sariba, Tuvarka.

### 20. Aphrodisiacs.

Akarakarabha, Aphenam, Bhallathaka, Ghritam, Gokshura, Guduchi, Guggulu, Ikshuraka, Jatiphala, Jatamamsi, Karpuram, Kasthuri, Madhu, Madhusnuhi, *Markatabeejam*, Masha, Rasona, Salmali, Sariba, Sarkara, Satavari Vacha, Vamsalochana, Vidari, Yashtimadu.

**21. Appetiser.**

Adutinnapalai, Maricham.

**22. Appendicitis.**

Chitramoolam, Dadima, Dhanyaka, Ela-Krishnajeerakam, Talisapatri, See Carminatives.

**23. Aromatics.**

Ajamoda, Dhanyakam, Ela, Hridra, Jatiphala, Jatipatri, Jatamamsi, Jeerakam, Kachoram, Karpuram, Lankesam, Lavangam, Musta, Nagakesaram, Patrakam, Talisapatri, Thwak, Vacha.

**24. Ascites.**

Arka, Bhallathaka, Dantibeejam, Ikshuraka, Navasaram, Pippali, See Purgatives and liver tonics.

**25. Asmari.**

Jambeera, Pashanabhedi, Punarnava. See Diuretics.

**26. Asthma.**

Ajamoda, Arka, Bhallathaka, 'Dhatura, Hingu, Kantakari, Kurasani Yamani, Kushtam, Maricham, Patrasnuhi, Rasona, Sunthi, Suraksharam, Vamsalochana, Vasa, Yashtimadhu, See Expectorants.

**27. Astringents.**

Akarakarabha, Amalaki, Asokathwak, Dadima, Harithaki, Jatiphala, Kasisa, Khadira, Kushtam, Laksha, Lodhra, Madhu, Raktachandanam, Salmali, Tankanam, Thwak, Vacha, Vibeethaki.

**28. Blood-Purifier.**

Arka, Aswagandha, Daruharidra, Gandhakam, Guduchi, Haridra, Karpuram, Kasisa, Khadira, Kirata, Laksha, Loha, Manjishta, Maricham, Nimba, Parada, Patola, Raktachandanam, Sariba, Talakam, Talisapatri, Tuvaraka, Vakuchi, Vamsalochana, Vasa.

**29. Boils.**

Chandanam, Churnakalkam Curd, Eranda, Thailam, Haridra, Karpuram, Lodhra Pacchakarpuram.

**30. Brimhanam,**

Ghec, Masha, Sarkara, See Aphrodisiacs.

**31. Bronchitis.**

Ajamoda, Arka, Hingu, Kantakari, Karpuram, Lankesam, Sunthi, Vasa, See Expectorants.

**32. Burns.**

Ghritam, Madhu, See Antiseptics.

**33. Burning Sensation.**

Ghee, Karpuram. Musta, Parpatakam,  
Raktachandanam, *Rose-water*, Sariba,  
Useeram, Yashtimadhu.

**34. Carbuncles.**

Chandanam, Curd, See Boils.

**35. Carminatives**

Ajamoda, Bhallathaka, Chitramoolam,  
Devadaru, Ela, Hingu, Jatiphala, Jeera-  
kam, Kachoram, Karpura *Ksharadwayam*,  
Krishnajeerakam, Lankesam, Lavangam,  
Madhu, Maricham, Nagakesaram, Nimba,  
Panchakolam, Panchalavanam, Pippali,  
Rasna, Saindava Lavanam, Sunthi,  
Talisapatri, Thwak, Vacha' Vidangam.

**36. Catarrh.**

Yashtimadhu, See Antiphlogistics.

**37. Cathartic.**

Dantibeeja, Eranda Thailam, Kumari,  
*Magnesium sulphate*, *Rasakarpuram*,  
Trivrit, See Purgatives.



**38. Caustics.**

Bhallathaka, Chitraka, Harithaki, Rasona, Thuttham.

**39. Cholera.**

Ajamoda, Ahiphenam, Arka, Kasthuri, Kushtam, Maricham, Musta, Sunthi, Suraksharam, See Vomiting, Diarrhoea and Demulcents.

**40. Colic.**

Ajamoda, Dhanyakam, Hingu, Jatiphala, Kurasani Yamani, Lavangam, Nirgundi, Sunthi, Vacha, Yavakshara.

**41. Cold**

Dhanyakam, Kasthuri, Lavangam, Maricham, Rasona, Talisapatri, See Catarrh.

**42. Cooling.**

Amalaki, Chandanam, Dadima, Draksha, Ela, Ghritam, Ikshuraka, Jeerakam, Kachoram, Karpuram, Kushtam, Lankesam, Nagakesaram, Parpatakam, Saindava Lavanam, Sunthi (Raw) Tanka-  
nam, Useeram, Vamsalochana, Vidari, Yavakshara.

**43. Contusions.**

Kushtam, Maduchishta. See Inflammation and Antiphlogistics.

**44. Chathurthika Jwara**

Punarnava, See Fever.

**45. Consumption.**

Amalaki, Ahiphenam, Brihatidwayam, Devadaru, Draksha, Guggulu, Guduchi, Kaharoba, Madhu, Mukta, Pippali, Pravalam, Rasona, Sariba, Swarnam, Talisapatri, Trivrit, Thuvaraka, Vamsalochana, Vasa, Vidari, See Pleurisy and Expectorants.

**46. Constipation.**

See Laxatives.

**47. Cough.**

Ahiphenam, Bhallathaka, Dhanyakam, Hingu, Kantakari, Kushtam, Maricham, Rasna, Sunthi, Talisapatri, Vacha, Vamsalochana, Vasa, Yashtimadhu, See Expectorants.

**48. Cracked Skin.**

Eranda thailam, Guggulu, Madhuchista.

**49. Cystitis.**

Chandanam, *Durva*, *Musta*, *Parpataka*,  
*Sariba*, *Useeram*, See Diuretics.

**50. Debility.**

*Nimba*, *Vidari*, See Tonics.

**51. Demulcents.**

*Babbula niryasam*, *Badami*, *Dadima*, *Draksha*,  
*Ghritam*, *Gokshura*, *Gousban*, *Ikshuraka*,  
*Isafgaul seeds*, *Kachoram*, *Musta*, *Sabja*  
*seeds*, *Salmali*, *Sariba*, *Sarkara*, *Vidari*,  
*Yashtimadhu*.

**52. Deodorisers.**

*Agaru*, *Chandanam*, *Guggulu*, *Kachoram*,  
*Karpuram*, *Kasthuri*, *Maddipal*, *Sarjarasa*.

**53. Diabetes.**

*Abhraka*, *Ahiphenam*, *Amalaki*, *Draksha*,  
*Gold*, *Gomutra Silajit*, *Guduchi*, *Hari-*  
*thaki*, *Haridra*, *Madhu*, *Manjishta*,  
*Musta*, *Vidari*, *Thriphala*.

**54. Diaphoretics.**

*Aphenam*, *Arka*, *Devadaru*, *Dhanyakam*,  
*Karpuram*, *Musta*, *Sariba*, *Useeram*.

**55. Diarrhoea.**

*Aphenam*, *Chandanam*, *Dadima*, *Harithaki*,  
*Jatiphala*, *Jeerakam*, *Kasisa*, *Khadira*,

Salmali, Sariba, Sunthi, Thwak, Vacha, Vibeethaki.

## **56. Digestives.**

Ajamoda, Amalaki, Bhringaraja, Chitramoolam, Dhanyakam, Haridra, Harithaki, Hingu, Jatiphala, Jeerakam, Kasthuri, Lankesam, Lavangam, Maricham, Nagesaram, Pippali, Pippalimoolam, Saindavalavanam, Sunthi, Yavakshara.

## **57. Diseases of the Gum and Tooth.**

Khadira, See Antiseptics and Astringents.

## **58. Diseases of the Nails.**

Hingulam.

## **59. Disinfectant.**

Nimba, See Antiseptics and Deodorisers.

## **60. Diuretics.**

Ardraka, Brahmi, Daruharidra, Devadaru, Draksha, *Durva*, Ela, Gokshura, Ikshuraka, *Jambeera*, Kantakari, Karpuram, Lankesam, Musta, Navasaram, Parpataka, Patrakam, *Punarnava*, Rasona, Sariba, Satavari, *Suraksharam*, *Tankanam*, Useeram, Vacha, Yavakshara.

**61. Dog-Bite.**

Dhatura, Punarnava.

**62. Dropsy.**

Arka, Gokshura, Guggulu, Sunthi, Trivrit,  
See Diuretics and Liver diseases and  
Purgatives.

**63. Dysentery.**

Ahiphenam, Arka, Dadima, Eranda thailam  
Harithaki, *Isafgaul seeds*, Jatiphala, Jeera-  
kam, Kasisa, Khadira. Kutaja. Laksha,  
Lodhra, *Menthium*, Nagakesaram, Salmali,  
*Takram*, Tankanam, Thwak, Vacha,  
Vamsa lochana, Vibeethaki, See Demul-  
cents and Digestives.

**64. Dyspepsia.**

Ajamoda, Arka, Chitramulam, Guduchi,  
Hingu, Jatiphala, Karpuram, Katuka-  
rohini, Krishnajeerakam, Maricham,  
*Pancha lavanam*, Nirgundi, *Sarjakshara*,  
Sunthi, Vacha, Yavakshara.

**65. Dysuria.**

Gokshura, See Diuretics and Antispasmodics

**66. Ear Diseases.**

Hingu, Rasona, See antiseptics.

**67. Eczema.**

*Adutinnapalai* (Gaditagadapaku), *Bhunimba*, *Chandanam*, *Nimba*, *Madhuchishta*, *Manjishta*, *Ghritam*, *Maricham*, *Sariba*, *Sarjarasa*.

**68. Elephantiasis.**

*Dhatura*, *Haridra*, *Maricham*, *Parada* (Mercury), *Rasona*, *Talaka*, *Tamra*, See Antipyretics Blood-purifiers, Diuretics and Purgatives.

**69. Emetics.**

*Arka*, *Madanaphala*, *Sarshapa*, *Saindava* *lavanam*, *Thuttham*.

**70. Emmenagogues.**

*Arka*, *Guggulu*, *Hingu*, *Krishnajeerakam*, *Kumari*, *Rasona*, See Abortifacients.

**71. Emollients.**

*Ghritam*, *Madhuchishta*, *Thila thailam*.

**72. Enlargement of the Liver.**

*Arka*, *Bhoodhatri*, *Bhringaraja*, *Guduchi*, *Indravaruni*, *Katukarohini*, *Kiratatikta*, *Nimba*, *Parada* (Mercury), *Sankadravakam*, *Sunthi*, See Carminatives, Digestives and Purgatives.

**73. Enlargement of the Spleen.**

Arka, Salmali, See Enlargement of the liver.

**74. Epilepsy.**

Bharngi, Brahmi, Gomootram, Jatamamsi, Kushtam, Sariba, Satavari, Vacha, See Indigestion and Vata diseases.

**75. Epistaxis.**

Dadima, See Demulcents and Diuretics and purgatives.

**76. Erysipelas.**

Daruharidra, See fevers.

**77. Expectorants.**

Arka, Dhanyakam, Ela, *Elavaluka* (Musumusukai), Hingu, Kachoram, Kantakari, Karpuram, Kasthuri, Lavangam, Maricham, Patrakam, *Patrasnuhi* (Elakalli), Rasna, Rasona, Talisapatri, Thuttham, Vamsalochana, Vasa, Yashtimadhu.

**78. Eye Diseases.**

Ahiphenam, Dhatura, Eranda thailam, Ghritam, Haridra, Harithaki, Lodhra, Madhu, Madhusnuhi, Pacchakarpuram, *Punarnava*, *Spatikam*, *Tankanam*, *Thuttham*, Trivrit, See Antiseptics and Antiphlogistics.

**79. Fever.**

Akarakarabha, Bala, *Bhoodhatri*, Bhringaraja, Dadima Daruharidra, Dhanyakam, Dhatura, Draksha, *Dronapuspa*, Guduchi, Guggulu, Hingulam, Jeerakam, Kantakari, Karpuram, Kasthuri, Katukarohini, *Kiratatikta*, Laksha, *Manosila*, Maricham, Musta, *Nimba*, Nirgundi, *Parada* (Mercury), Parpataka, Patola, Punarnava, Raktachandanam, Sunthi, *Talaka*, Tankanam, Trivrit, Useeram, Vacha, Vamsalochana, Vasa, Yashtimadhu, Yavakshara. See Antiphlogistics, Antipyretics, Diaphoretics, Diuretics and Purgatives.

**80. Flatulence.**

Ajamoda, Ela, Maricham, Sunthi, Thwak, Vacha, See Dyspepsia and Indigestion.

**81. Fragrants.**

Chathurjathaka, Jeeraka, Dhanyakam, *Karivepa*, (Krishna nimba), Kachoram, Karpuram, Kushtam, Lavangam, *Maddipal*, See Aromatics.

**82. Galactagogues.**

Ikshuraka, *Karpasabeejam*, Krishnajeerakam, Kumari, Musta, Pippalimoolam, Rasona, Satavari, Yava.



**83. Germicides.**

Thwak, See Antiseptics, Disinfectants and Vermicides.

**84. Glandular Diseases.**

Devadaru, Guggulu, *Kanchanara*, Thutam, See Consumption and Fever.

**85. Gleet.**

Chandanam, Guggulu, Silajit, Swarnavangam, See Cystitis, Diuretics, and Gonorrhoea.

**86. Gonorrhœa.**

Arka, Bala, Chandanam, *Dusaratige*, Gokshura, Guduchi, Karpuram, Lankesam, Maricham, Nimba, Parpataka, *Rumimustaki*, Sariba, Useeram, Vamsalochana, See Gleet.

**87. Hæmatinics.**

Kasisa, Laksha, See Anaemia.

**88. Hæmorrhage.**

Asoka thwak, Chandanam, Dadima, Draksha, Kasisa, Khadira, Kutaja, Laksha, Lodhra, Salmali, Satavari, Talisapatri, *Thriphala*, Trivrit, Vamsalochana, Vasa, See Anaemia.

**89. Hard Breathing.**

Bharngi, Kurasani Yamani, See Antispasmodics. Asthma and Expectorants.

**90. Heart Disease.**

Arjuna thwak, Arka, Punarnava, Sunthi.

**91. Headache.**

Karpuram, Kurasani Yamani, Kushtam, Lavangam, Maricham, Sunthi, Vidangam, See Indigestion and Purgatives.

**92. Hepatic Derangements.**

Katukarohini, Kiratatikta, Kumari, See Enlargement of the liver and Fever.

**93. Hernia.**

Eranda thailam, Rasna.

**94. Hiccough.**

Chandanam, Jeerakam, See Indigestion and Fever.

**95. Hook-worm.**

Ajamoda, See Anthelmintics.

**96. Hydrocele.**

Dhatura, Eranda thailam, Kuberaksha, Rasna, See Antiphlogistics.

**97. Hypnotics.**

Ahiphenam, Kurasani Yamani, *Madyam*,  
*Vijaya*. See Anodynes and Narcotics.

**98. Hysteria.**

Ajamoda, Hingu, Jatamamsi, Kushtam,  
 Rasona, Sunthi, See Epilepsy, Uterine  
 disorders, and Vata diseases.

**99. Indigestion.**

Bhallathaka, Chitramulam, Dadima, Dhan-  
 yakam, Harithaki, Kurasani, Yamani,  
 Kushtam, Yavakshara, See Carmina-  
 tives, and Digestives.

**100. Inflammation.**

Ahiphenam, Bhallathaka, *D h a t u r a*,  
 Draksha, Eranda thailam, Ghritam,  
 Ikshuraka, Karpuram, Kumari, Kushtam,  
 Navasaram, Nimba, Patrakam, Punar-  
 nava, Rasona, Sunthi, Tankanam, Trivrit,  
 Useeram, Vacha, Vibeethaki, Yashti-  
 madhu, See Anodynes, Antiphlogistics  
 and Antiseptics.

**101. Influenza.**

Kantakari, Kasthuri, Maricham, See Cough,  
 Fever and Pneumonia.

**102. Injury.**

Navasaram, Sarkara, Triphala, Salmali,  
See Antiphlogistics and Antiseptics.

**103. Insanity.**

Dhatura, Kushtam, Sunthi, See Epilepsy,  
Uterine disorders and Vata diseases.

**104. Intestinal Antiseptics.**

Ajamoda, Hingu, Karpuram, Kurasani  
Yamani, Rasona, See Dyspepsia and  
Indigestion.

**105. Intoxication.**

Punarnava, See Diuretics, Emetics and  
Purgatives.

**106. Insomnia.**

Ahiphena, Aswagandha, Draksha, Kura-  
sani Yamani, See Hypnotics and  
Indigestion.

**107. Irritants.**

Bhallathaka, Arka, Chitramoolam, Danti-  
beejam, Maricham, Rasona.

**108. Itch.**

Eranda thailam, Gandhakam, Karpuram,  
Kiratatikta, Sariba, See Antiseptics.

**109. Jaundice.**

*Amalaki, Bhloodhatri, Bhringaraja, Guduchi, Kasisa, Katukarohini, Musta, Nimba, Trivrit, See Liver diseases.*

**110. Kapha Diseases.**

*Kantakari, Karpuram, Kiratatikta, Madhu, Pippali, Vasa, See Expectorants and Tonics.*

**111. Laxatives.**

*Aragwadha, Dantibeejam, Draksha, Eranda thailam, Gandhakam, Harithaki, Indravaruni, Kantakari, Katukarohini, Punarnava, Rasakarpura, Thila thailam, Trivrit, Vibeethaki, Yashtimadhu.*

**112. Liver Diseases.**

*Guduchi, Ikshuraka, Katukarohini, Kiratatikta, Ksharadwaya, Navasaram, Nimba, Panchalavunnam, Rasakarpura, Sankadravakam, See Ascites and Dyspepsia.*

**113. Leprosy.**

*Arka, Devadaru, Gandhakam, Guduchi, Haridra, Jatiphala, Khadira, Kutaja, Lodhra, Madhusnuhi, Manjishta, Nimba, Punarnava, Sariba, Tuvaraka, Thutham, Vidangam.*

**114. Lubricants.**

Eranda thailam, Madhuchishta, Thila thailam.

**115. Lucorrhœa.**

Chandanam, Karpuram, Nagakesaram, See Gonorrhœa and antiseptics.

**116. Lung Diseases.**

Ahiphenam, Talisapatri, Vamsalochana, Vasa, See Asthma, Consumption and Expectorants.

**117. Menstrual Disorders.**

Askoa thwak, Hingu, Kasisa, Krishnajeerakam, Moosambaram, Salmali, Useeram.

**118. Mootrakrichram.**

Draksha, Vedari, Yavakshara, See Diuretics.

**119. Mydriatics.**

Dhatura.

**120. Narcotics.**

Ahiphenam, Dhatura, Vijaya.

**121. Nasal Catarrh.**

Arka, Chandana, Dhanyakam, Krishnajeerakam, Maricham, Tila Tailam.

**122. Nausea.**

Sunthi, Thwak, See Anorexia.

**123. Nervous Disorders.**

Ahiphenam, Arka, Aswagandha, *Atmagupta*, Bala, Brahmi, Draksha, Guggulu, Hingu, Jatamamsi, Jeerakam, *Kasthuri*, Kushtam, *Manosila*, *Masha*, *Parada*, *Pravala*, Rasna, Sunthi, *Swarnam*, *Talaka*, Vacha, *Vishamushti*.

**124. Neuritis.**

Bala, Karpura, *Maricham*, See Nervous disorders.

**125. Nutritives.**

Aswagandha, Dadima, Guduchi, Ghritam  
Madhu, *Satavari*, *Thilathailam*, *Vidari*.

**126. Obesity.**

Kushtam, Madhu, *Gomutrasilajit*.

**127. Painful Joints**

Dhatura, *Nirgundi*, See *Ama vata*, Indigestion and Vata diseases.

**128. Paralysis.**

See vata diseases.

**129. Piles.**

Bhallathaka, Chitramoolam, Dadima, Dhatura, Guduchi, Nagakesaram, Pippali, Trivrit, See Indigestion and Liver diseases.

**130. Pitta Diseases.**

Amalaki, Ardraka, Bhringaraja, Bhudhatri, Chandanam, Dadima, Draksha, Jambira, Jeerakam, Karpuram, Kiratatikta, Madi-phala, Musta, Panchatikta, Parpatakam, Pippali, Sarkara, Trivrit, Useeram, Vasa.

**131. Plague.**

Ghritam, See Fever.

**132. Pleurisy.**

Rasona, See Pneumonia.

**133. Pneumonia.**

Karpuram, Kasthuri, Rasona, See Expectorants.

**134. Poisons.**

Aswagandha, Dhatura, Manjishta, Navasaram, Patola, Punarnava.



**135. Pradara.**

Asoka thwak, Chandanam, *Kushmand*  
*Swarasam*, Lodhra, Salmali.

**136. Preservatives.**

Ghritam, Madhu, Saindavalavanam, Sarkara, Thailam.

**137. Purgatives.**

Aragwadha Arka, Dadima, Dantibeejam,  
Eranda thailam, *Indravaruni*, Kumari,  
Revalchinni, Rose buds, *Rasakarpura*,  
Swarnamukhi, *Trivrit*, See Cathartics.

**138. Rabies-Poison.**

Dhatura, Punarnava.

**139. Refrigerants.**

Dadima, Draksha, *Jambira*, Raktachandanam, Rose, Sariba, Sarkara, Satavari, Useeram.

**140. Remittent Fever.**

Dronapushpi, Kiratatikta, Maricham,  
Nirriba, See Fevers.

**141. Retention of Urine.**

Bantipuvu, (Mari gold flower), Musta,  
Navasaram, Useeram, Yavakshara, Sarkarakharam, See Diuretics.

**142. Rheumatism.**

Ahiphenam, Arka, Ajamoda, Bala, Bhallathaka, Devadaru, Dhatura, Eranda thailam, Guduchi, Guggulu, Jatiphala, Kusham, Madhusnuhi, Nirgundi, Panichakal, Punarnava, Rasna, Sunthi, See Amavata, Fever and Vata diseases.

**143. Ringworm.**

Gadida gadapa, Hingulam, Jambira, Kasamarda, Kiratatikta. Maricham, Moorkonda, (Kuppamani), Rasakarpura.

**144. Rubefacients.**

Bhallathaka, Chitramulam, Lavangam, Maricham, Rasona, Sunthi.

**145. Scorpion-Bite.**

Arka ksheeram, Gadida gadapa, Navasaram, Palandu, Punarnava, Thuttham.

**146. Scrofula.**

Bharngi, Guggulu, Madhusnuhi, Tuvaraka, See Consumption.

**147. Sedatives.**

Ahiphenam, Chandanam. Dhatura, Kurasani Yamani.

**148. Sexual Debility.**

Gokshura, Kasturi, Markatabeeja, Vidari,  
See Aphrodisiacs.

**149. Sialogogues.**

Akarakarabha, Yashtimadhu.

**150. Sinus.**

Chitramulam, Rasona. Thuttham.

**151. Skin Diseases.**

Arka, Gandhakam, Gadida gadapa, Haridra,  
Hingulam, Khadira, Kirata, Madhuchi-  
shta, Manosila, Maricham. Nilini, Nimba,  
Parada (Mercury), Raktachandanam,  
Sariba, Talaka, Tuvaraka.

**152. Small-pox.**

Nimba. Patola, See Fever.

**153. Smoothing.**

Gousban Ghritam, Isafgaul, Kushtam,  
Madhu, Salmali, Sarkara, Satavari, Thila  
thailam, Vamsalochana, Vibeethaki,  
Yashtimadhu.

**154. Sore Throat.**

Akarakarabha, Ela, Haridra, Harithaki,  
Khadira, Lankesam, Maricham, Rasna,  
Tankanam, Vibeethaki, Yashtimadhu,  
See Cough.

**155. Sprains.**

Kushtam, Sunthi, See Antiphlogistics.

**156. Sprue.**

*Bilva*, *Dadima*, *Eranda thailam*, *Orange Takram* (Butter-Milk).

**157. Stimulants.**

Bhallathaka, Bharngi, Dhanyakam, Guggulu, Jatiphala, Karpuram, Kasthuri, Kira-tatikta, Kushtam, Lavangam, Maricham, Nimba, Pippali, Rasona, Sunthi, Thwak, Vacha, Vishamushti, See Tonics.

**158. Thirst.**

Dadima, Dhanyakam, Draksha, Musta, Parpatakam, Raktachandanam, Useeram, Yashtimadhu. See Fevers.

**159. Thridoshaharam.**

Amalaki, Guduchi, Kantakari, Kasthuri, *Triphala*.

**160. Tissue-Builders.**

Amalaki, Aswagandha, Gudoochi satwam,  
Vamsalochana, See Tonics.

**161. Tonics.**

Akarakarabha, Amalaki, Arka, Asoka  
thwak, Aswagandha, Bala, Bhallathaka,  
Bharngi, Bhringaraja, Brahmi, Dhanya-  
kam, Draksha, Gandhakam, Ghritam,  
Guduchi, Guggulu, Haridra, Harithaki,  
Hingulam, Karpuram, Kasthuri, Kasisa,  
Katukarohini, Khadira, Kiratatikta,  
Kushtam, Laksha, Madhu, Madhusnuhi,  
Manjista, Nimba, Parada, Patola, Rakta-  
chandanam, Rasona, Sariba, Sarkara,  
Satavari, Swarna, Talaka, Tuvarka,  
Vacha, Vamsalochana, Vasa, Vibee-  
thaki, Vidangam, Vidari, Yashtimadhu.

**162. Tumour.**

Bhallathaka, Chitraka, Trivrit.

**163. Tympanites.**

Ajamoda, See Indigestion and Dyspepsia.

**164. Udara.**

Trivrit, See Dropsy.

**165. Ulcers.**

Chandanam, Chitramoolam, Devadaru, Ghritam, Haridra, Karpuram, Kasisa, Khadira, Kiratatikta, Kushtam, Lodhra, Madhu, Madhuchishta, Nimba, Salmali, *Thriphala*, Thuttham, Yashtimadhu, See Antiseptics.

**166. Urakshata.**

Kushmanda, Laksha, Punarnav, Salmali, See Consumption and Cough.

**167. Uterine Disorders.**

Asoka thwak, Hingu, Jeerakam, Krishna Jeerakam, Laksha, Lodhra, Salmali, See Abortifacients and Menstrual disorders.

**168. Urinary Antiseptics.**

Daruharidra, *Durva*, Gokshura, Lankesam, Tankanam, Useera, Vidari.

**169. Vata Diseases.**

Bala, Guggalu, Hingu, Kantakari, Karpuram, Kasthuri, Kiratatikta, Nirgundi, *Parada* (Mercury) Pippali, Pippalimoolam, Rasna, Rasona, *Vishamusti*, *Thriphala*.

**170. Vatakantaka.**

Punarnava, Yavakshara, Eranda Taila.

## APPENDIX IV

### Charaka's Classification of Drugs

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**1. Promoting Life.** (Jeevaneeyam.)

Jivaka, Rushabaka, Meda, Mahameda,  
Kakoli, Ksheerakakoli, Mashaparni,  
Mugdaparni, Jeevanti, Yastimadhu.

**2. Promoting Growth.** (Bruhmaneeyam.)

Ksheerini. Rajakshavaka, Bala, Kakoli,  
Ksheerakakoli, Vatyayani, Bhadrowdani,  
Bharadwaji, Payasya, Rushyagandha.

**3. Reducing Growth.** (Lekhaniyam.)

Musta, Kushta, Haridra, Vacha, Daruharidra, Ativisha, Katukarohini, Chitraka, Karanja, Haimavati.

**4 Promoting Evacuation.** (Bhedaneeyam.)

Trivruth, Arka, Eranda, Agnimuki, Danti, Chitramula, Bilwa, Sankini, Katukarohini, Brahmadandi.

**5. Promoting Union.** (Sandhaneeyam.)

Yastimadhu, *Guduchi*, Prasniparni, Ambas-  
ta, Samanga, Mocharasa, Dhataki, Lodra,  
Priyangu, Katpala.

**6. Promoting Appetite.** (Deepaneeyam.)

Pippali, Pippalimoola, Chavya, Chitraka,  
Sunti, Amlavetasa, Maricha, Ajamoda,  
Ballathaka, Hingu.

**7. Promoting Strength.** (Balyam.)

Indravaruni, Vrushabha, Satavari, Masha-  
parni, Vidari, Aswagandha, Sthira,  
Rohini, Bala, Atibala.

**8. Promoting Complexion.** (Varnyam.)

Chandana, Tunga, Padmaka, Useera,  
Yastimadhu, Manjista, Sariba, Ksheera-  
Kakoli, Sita, lata.

**9. Promoting Voice.** (Kantyam.)

Sariba, Ikshumoola, Yastimadhu, Pippali,  
Draksha, Vidari, Kayaphala, Hamsapadi,  
Brahati, Kantakari.

**10. Promoting Happy Feeling.** (Hridyam.)

Amra, Amrataka, Likucha, Karamarda,  
Vrukshamla, Amlavetasa, K u v a l a ,  
Badara, Dadima, Matulunga.



**11. Destroying Satisfaction.**

(Triptignam.)

Sunti, Chitramoola, Chavya, Vidanga,  
Murva, Guduchi, Vacha, Musta,  
Pippali, Patola.

**12. Destroying Piles.** (Aisognam.)

Kutaja, Bilwa, Chitraka, Sunt, Ativisha,  
Harithaki, Danvayasaka, Daruharidra,  
Vacha, Chavya.

**13. Destroying Skin Diseases.**

(Kustagnam.)

Khadira, Harithaki, Amalaki, Haridra,  
Ballathaka, Saptaparna, Aragwada, Kara-  
veera, Vidanga, Jathi.

**14. Destroying Itching.** (Kandugnam.)

Chandana, Jatamamsi, Aragwada, Nakta-  
mala, Nimba, Kutaja, Sarshapa, Yasti  
Madhu, Daruharidra, Musta.

**15. Destroying Parasites.** (Krimignam.)

Sigru, Maricha, Gandira, Kebuka, Vidanga,  
Nirgundi, Kinihi, Gokshura, Barngi,  
Akuparni.

**16. Destroying Poison.** (Vishagnam.)

Haridra, Manjista, Rasna, Sukshmela,  
Syama, Chandana, Kataka, Sireesha,  
Sinduvara, Sleshmataka.

**17. Producing Milk.** (Sthanyajananam.)

Virana, Sali, Sastika Ikshumoola, Kusamoola, Darbamoola, Kasamoola, Gundra, Katakamoola, Trinamoola.

**18. Purifying Milk.** (Sthanyasodanam.)

Pata, Sunti, Devadaru, Musta, Murva, Guduchi, Kutajabeeja, Bhunimba, Katukarohini, Sariba.

**19. Producing Sperm.** (Sukrajamanam.)

Jivaka, Rishabaka, Kakoli, Ksheerakakoli, Mugdaparni, Mashaparni, Meda, Satavari, Jatamamsi, Karkatakasringi.

**20. Purifying Sperm.** (Sukrasodanam.)

Kusta, Elavaluka, Katpala, Samudraphena, Kadambaniryasa, Ikshukanda, Ikshuraka, Vasuka, Useera.

**21. Promoting Lubrication.**

(Snehopagam.)

Draksha, Yastimadhu, Guduchi, Meda, Vidari, Kakoli, Ksheerakakoli, Jivaka, Jivanti, Salaparni.

**22. Promoting Sweat.** (Sreedopagam.)

Sigru, Erandamula, Arka, Vruschira, Punarnava, Yava, Tila, Kulutta, Masha, Badariphala.

**23. Promoting Vomitting. (Vamanopagam.)**

Madhu, Yastimadhu, Kovidara, Karbudara, Nipa, Vidula, Bimbi, Sanapushpi, Arka, Pratayakpushpi.

**24. Promoting Pungation.**

(Virechanopagam.)

Draksha, Kasmari, Parushaka, Abaya, Amalaki, Vibitaki, Kuvala, Badara, Karkandu, Pilu,

**25. Useful for Non-oily Enemata.**

(Asthpanopagam.)

Trivruth, Bilwa, Pippali, Kusta, Sarshapa, Vacha, Kutajabeeja, Sadapa, Yastimadhu, Madanaphala.

**26. Useful for Oily Enemata.**

(Anuvasanopagam.)

Rasna, Devadaru, Bilwa, Madanaphala, Sadapa, Punarnava, Vruscheera, Gokshura, Agnimantha, Syonaka.

**27. Purging Doshas in the Head.**

(Sirovirechanam.)

Jyotishmati, Kshavaka, Maricha, Pippali, Vidanga, Sigru, Sarshapa, Apamarga, Sweta, Mahasweta.

**28. Controlling Vomitting.**

(Chardinigraham.)

Jambu, Amrapallava, Mathiphala, Badara,  
Dadima, Yava, Yastimadhu, Useera,  
Mrith, Laja.

**29. Controlling Thirst.**

(Trishnanigrahanam.)

Sunti, Danvayasa, Musta, Parpataka.  
Chandana, Bhunimba, Guduchi, Useera,  
Dhanyaka, Patola.

**30. Checking Hiccough.**

(Hiccanigrahanam.)

Sati, Pushkaramoola, Badarabeeja, Kanta-  
kari, Brahati, Vruksharuha, Harithaki,  
Pippali, Duralaba, Karkatakasringi.

**31. Reducing Fæcal Matter.**

(Purisha Sangrahaneeeyam.)

Priyangu, Anantha, Amrasthi, Katwanga,  
Lodra, Mocharasa, Samanga, Dhataki,  
Barngi, Padmakesara,

**32. Purifying Fæcal Matter.**

(Parisha Virajaneeyam.)

Jambu, Sallaki, Kachura, Yastimadhu,  
Mocharasa, Devadaru-niryasa, Brustam-  
rit, Payasya, Utpala, Tila.

**33. Reducing Urine**

(Mutra Sangrahaneyam.)

Jumbu, Amra, Plaksha, Vata, Kapitana,  
Udumbara, Aswatha, Ballathaka, As-  
manthaka, Somavalka.

**34. Purifying Urine.** (Mutra Virjaneyam.)

Padma, Utpala, Nalika, Kumuda, Sow-  
gandika, Pundareeka, Satapatra, Maduka,  
Priyangu, Dathaki.

**35. Increasing Urine.**

(Mutra Virechaneyam.)

Vrukshadani, Swadamstra, Vasuka, Swaya-  
varta, Pashanabedi, Darba, Kusa, Kasa,  
Musta, Utpalakanda.

**36. Relieving Cough.** (Kasa Hara.)

Draksha, Harithaki, Amalaki, Pippali,  
Durlaba, Karkatasringi, Kantakari,  
Punarnava, Tamalaki, Vrushchira.

**37. Relieving Dyspepsia.** (Swasahara.)

Sati, Pushkaramula, Amlavetasa, Ela,  
Hingu, Agaru, Surasa, Tamalaki,  
Jeevanti, Chorapushpi.

**38. Relieving Swelling.** (Swayathuhara.)

Patala, Agnimanda, Syonaka, Bilwa,  
Kasmari, Kantakari, Brahati, Salaparni,  
Prasniparni, Gokshura.

**39. Relieving Fever.** (Jwaraharam.)

Sariba, Sarkara, Pata, Manjista, Draksha,  
Peelu, Parushaka, Harithaki, Amalaki,  
Vibitaki.

**40. Relieving Exhaustion.** (Sramaharam.)

Draksha, Karjura, Piyala, Badara, Dadima,  
Palgu, Parushaka, Ikshu, Yava, Sastika.

**41. Relieving Burning Sensation**

(Dahaprasamanam.)

Laja, Chandana, Kasmari, Maduka,  
Sarkara, Neelotpala, Useera, Sariba,  
Guduchi, Hribera.

**42. Relieving Cold.** (Seethaprasamanam.)

Tagara, Aguru, Danyaka, Sringabera,  
Ajamoda, Vacha, Kantakari, Agnimanda,  
Syonaka, Pippali.

**43. Relieving Rashes.** (Udardaprasamanam.)

Tinduka, Piyala, Badara, Kadirā, Kadara  
Saptaparna, Aswakarna, Arjuna, Asana,  
Irimeda.

**44. Relieving Bodily Pains**

(Angamardaprasamanam.)

Vidari, Prisniparni, Brahāti, Kantakari,  
Eranda, Kakoli, Chandana, Useera,  
Ela, Maduka.

**45. Relieving Colic.** (Sulaprasamanam.)

Pippali, Pippalimoola, Chavya, Chitraka,  
Sunti, Maricha, Ajamoda, Ajaganda,  
Jeeraka, Gandeera.

**46. Restoring Blood.** (Sonitasthapanam.)

Madhu, Maduka, Kumkuma, Mocharasa,  
Losta, Lodra, Gairika. Prenkana, Sarkara,  
Laja.

**47. Relieving Suffering.** (Vedanasthapana.)

Arjuna, Katpala, Kadamba, Padmaka,  
Thumba, Mocharasa, Sirisha, Vanjula  
Valuka, Asoka.

**48. Restoring Consciousness.**

(Samganasthapana.)

Hingu, Katpala, Irimeda, Vacha, Sati,  
Brahmi, Golomi, Jatamamsi, Guḡgulu,  
Katurohini.

**49. Fixing Pregnancy.** (Prajasthapana.)

Indravaruni, Brahmi, Durva, Swetadurva,  
Patali, Amalaki, Harithaki, Katurohini,  
Bala, Prenkana.

**50. Fixing Youthfulness.** (Vayasthapana.)

Guduchi, Harithaki, Amalaki, Rasna.  
Sweta, Vishnukratna, Jeevanti, Stavari,  
Manjista, Sthira, Punarnawa.







